

The **SMARTER, SHARPER**
WOMEN'S WEEKLY

13 OCTOBER 2015 ISSUE 40

best

SURANNE JONES

How an affair tamed Bake Off's bad boy



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THEN



NOW

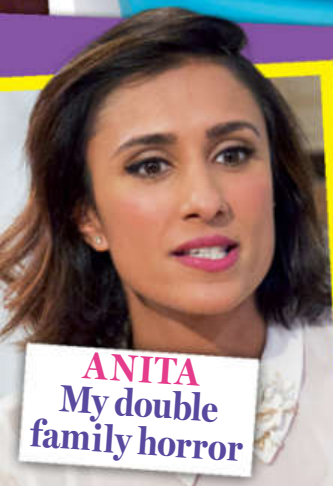
SHRINKING STAR'S SECRET BODY BATTLE



Under pressure
Pauline
piles on the
pounds again

**MUM'S
GUILT**

'Why I
couldn't
look at my
newborn son'



ANITA
My double
family horror



DARCEY
Dad was never
part of her life

Strictly
stars'
hidden
family
agony





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*Compared to the leading brand, percentage varies across line-up.

**Based on average consumer loading.

†377 UK shoppers surveyed, Sep '14 - Jan '15

best Contents

EVERY TUESDAY 6.10.2015



Ahead of the curve

One of these women is in her late 50s, one is nearly 50, one just 32. All gorgeous, with soaring careers and legions of fans.

But the message they relay when it comes to body image couldn't be more different. Actress Sharon Stone, at 57, can still rock a clingy backless dress. While Cindy Crawford, 49, proves that being a supermodel means beauty doesn't age – and you're never too old for a jumpsuit! But, up against skeletal Cheryl Fernandez-Versini, these women look positively curvy, when we all know that they're several dress sizes smaller than most of us.

Recent pics of the *X Factor* star caused concern, with Cheryl quoted as saying that 'being overweight is unhealthy'. Well, yes, it is. But so is being underweight. (See page 18). And, as Sharon and Cindy prove, you can still look stunning when you're two decades older – and somewhat curvier.

Jenny Vereker, Executive Editor



Sharon's basic instincts are to be applauded



Cindy shows how beautiful 49 can be



Cheryl's tiny frame continues to shrink...

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THE news edit



Strip,
Aidan,
strip

SUNDAY NIGHT SIZZLER!

POLDARK HUNK AIDAN TURNER DOING SOME SHIRTLESS FARMING WAS THE BEST THING ON SUNDAY NIGHT TV SINCE MR DARCY'S WET SHIRT IN THE '90S.

Seeing his bronzed torso shining with sweat sent us into a frenzy of delight, with one viewer tweeting, 'A shirtless Poldark wielding a scythe should be on TV every Sunday evening from here to eternity. In a good mood for work now.'

But apparently a silly BBC TV executive almost cut the scene, worried that Aidan, 32, 'was too muscly'. Thank God someone talked sense into the misguided soul. We're waiting with bated breath for next year's new eight-part series.

More of the same, please!



RED HOT

2

ONE BOLD SHADE REIGNED SUPREME AT THE PRIDE OF BRITAIN AWARDS.

Various shades of scarlet made an impact on the red carpet, with the stars choosing different styles to flatter their figures. *Best* columnist Ruth Langford experimented with a lace sleeveless number and host Carol Vorderman showed off her enviable shape in a Hervé Léger bodycon frock.

Britain's Got Talent judge Amanda Holden kept up her fashion credentials in a Grecian-style dress from Lebanese designer Basil Soda, while *Good Morning Britain's* Susanna Reid shone in a Damsel In A Dress outfit.



Rouge is the colour (L-R): Carol, Susanna and Ruth



Amanda goes Greek

BATHE IT LIKE BECKHAM

DAVID BECKHAM ENJOYED A 'BLINK AND YOU'LL MISS IT' PART IN GUY RITCHIE'S *THE MAN FROM UNCLE* and his acting streak continues in H&M's new advert. The ex-footballer, 40, stars opposite US comic Kevin Hart, who vows to 'bend it like Beckham' and copy everything he does. Cue hilarious scenes as Hart, 36, struggles with Becks' hardcore workouts and, even worse, ice-baths, proving that DB really is a god among mere mortals!



Lovely, an ice-cold Becks... and Kevin Hart

4



3

IN ROYAL BLOOM

WE'RE RATHER TAKEN BY THIS GORGEOUS NEW BEAUTY RANGE FROM LAURA ASHLEY.

Featuring classic florals across the whole collection, named Royal Bloom, we've earmarked more than a few for our Christmas wish-list. Prices start from £6 (Boots).

KATE'S GREASE FRIGHTENING

5

SHE MAY NOT WORK A STRICT 9 TO 5 DAY, THANKS TO HER EARLY WAKE-UP CALL FOR GOOD MORNING

BRITAIN, but Kate Garraway certainly rocked a good Dolly Parton perm when she arrived for her show at Smooth Radio.

Wearing a curly blonde wig, paired with a leather jacket and peep-toe heels, the 48-year-old also paid tribute to Sandy from *Grease*!



Kate was channelling Dolly Parton...



... or was it Olivia Newton-John!

6

IN HONOUR OF BREAST CANCER AWARENESS MONTH, MARKS & SPENCER HAS LAUNCHED A NEW RANGE OF LINGERIE

designed by Rosie
Huntington-Whiteley,
with 10 per cent of all
sales going to the charity Breast Cancer Now.

In the striking campaign poster, the
underwear is modelled by seven ordinary
women who have all been affected by the
disease. Helen Bliss (second from left), 37,
who works in M&S Head Office, finished her
radiotherapy treatment the morning of the shoot,
and is due to have reconstructive surgery in
December. Also in the line-up is Hannah Gardner
(centre), who was just 26 when she was diagnosed.
“I had a mastectomy and six rounds of chemotherapy,”
she reveals. Now 29, Hannah is back at work, and
planning on celebrating her 30th in style.

Looking good, ladies...



Eighties star
Amanda de
Cadenet shot the
M&S campaign



7

ORLANDO'S MISSION TO SAVE THE CHILDREN

**HOLLYWOOD STAR ORLANDO BLOOM
WAS DEEPLY MOVED BY THE PLIGHT
OF REFUGEE CHILDREN ON A VISIT TO
A CAMP IN MACEDONIA LAST WEEK.**

The gorgeous A-lister and Unicef Goodwill
Ambassador, 38, spent two days with families
fleeing war and violence.

Orlando, who has a four-year-old son, Flynn,
with his ex-wife, Miranda Kerr, said, ‘What I’ve
seen is just a fraction of the arduous journeys
undertaken by child refugees. Imagine the
despair that drives families to leave their homes.

‘These children are not images on the screen;
they are real people in real need.’

The star
wants to use
his fame
for good



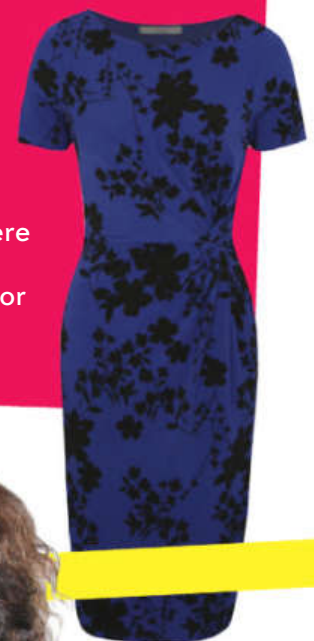


**EAST
STYLE!**

8

THE £20 INSTANT SLIMMER

GEORGE AT ASDA HAS ANSWERED OUR PRAYERS, creating a capsule collection of dresses designed to contour your shape. They use the same technology as control underwear, resulting in a bump-free silhouette and curves just where you want them. Snap them up for £20 each!



See
how they
GROW!



**PROUD
MUM
SINITTA
HIT THE
RED
CARPET
DURING
LONDON
FASHION**

WEEK with trendy

twosome 10-year-old Magdalena and nine-year-old Zac by her side. The *So Macho* singer adopted the biological siblings in 2007 with ex-husband Andy Willner, and has credited the adorable duo with changing her life. Of course, they also have the ultimate godfather – none other than Sinitta's ex, Simon Cowell.

9



Sinitta's
babies are
all grown up!

How she lost her

... and became more

Showing
off ample
cleavage
in 2004



BEFORE



The star
often posed
for racy
shoots

**FLATTER
CHESTED
NOW**

Suranne Jones has managed the rare achievement of transitioning from one-time soap star and lads' mag regular to a fully-fledged, serious actress and one of the brightest talents on UK TV screens.

And her career isn't the only thing to have been transformed since the days of her acting debut as Karen McDonald in ITV's much-loved *Coronation Street*.

Back then, the actress, who is currently starring in BBC One thriller *Doctor Foster*, became well-known for her busty assets and, as a result, she became a lads' mag pin-up favourite.

However, as her career has gone from strength to strength, her once buxom figure seems to be shrinking beyond recognition, prompting speculation that she may have gone under the knife.

Suranne, 37, has never made any secret of her dislike of the big breasts she was previously synonymous with, complaining in the past that she 'can't do anything with them' and 'can't dress them'.

She once said, 'I hate my boobs, they're too big. I've always had the mickey taken out of me about them, so I'd change them in a second.'

Indeed, she once admitted to having undergone a

Prinking Suranne Lads' mag image

re successful than ever



Suranne appeared far more busty in Corrie 11 years ago

her big break in *Corrie*, saying, 'I looked 29 when I was 12 – big boobs, the lot – and was always being cast older than my years. So, when Karen came

along, though I might have been a bit young to play her, I jumped at the chance.'

But the *Scott & Bailey* actress, who recently married journalist Laurence Akers in a small, private ceremony, now looks somewhat diminished in that area.

We asked a cosmetic surgery expert for his opinion on Suranne's changing shape. Mark Norfolk, clinical

consultation for a breast reduction to take them from a considerable 32G cup, but changed her mind, saying, 'I've got big boobs but I tend to cover them up. I don't really wear low-cut tops. I saw a Harley Street surgeon about a reduction but decided against it.'

Despite choosing not to have surgery on that occasion, Suranne has revealed her large chest has affected her beyond just her own feelings – admitting there have been times when her boobs have had to be concealed to fit a character role.

During filming for crime drama *Vincent*, Suranne's boobs had to be strapped to her chest in a minimiser bra so she could play private detective Beth.

However, on the flipside, she also credits her ample chest with helping her land

director at Transform, estimates that her chest now stands at a very modest C cup, compared to the 32G she quoted some years ago.

However, her weight loss could be one explanation for this, according to Mark.

He said, 'Suranne has clearly lost a significant amount of weight and, notably, her breasts are looking smaller.'

'In the earlier images, her breasts appear augmented, and it looks like she has recently had them reduced for a more natural look, which is in line with her slimmed-down figure.'

'At Transform, we find that patients come to us for a breast re-augmentation with a view to downsizing when they start to get older, as their lifestyles begin to change and the look they may have gone for when they were younger isn't the look they now want.'

'Patients often want a more subtle look as they age and go for a smaller implant.'

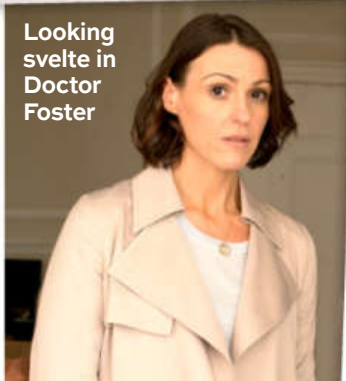
Whether or not Suranne's new slimmed-down shape is the secret to her reduced bust, she seems happy with her new figure and nothing is holding her back as she continues to dominate our TV screens.

'I've always had the mickey taken out of me for my boobs'

TRANSFORMATION



The actress is noticeably slimmer in *Scott & Bailey*



Looking svelte in *Doctor Foster*



With hubby Laurence Akers

Strictly star's family secrets

Darcey is known for her elegance and charm on the show

The father written out of Darcey's life history

To *Strictly* fans, Darcey Bussell is the calm and collected face of the judging panel. However,

there is one topic which will see the dancer, 46, take on a frosty exterior – her relationship with her late biological father John Crittle, who she wrote out of 1999 autobiography *Life in Dance*.

Darcey was born in London in 1969 to Andrea Williams and Australian fashion designer John Crittle. He ran a shop with regular customers including Jimi Hendrix, the Beatles and Princess Margaret.

His rumoured womanising put a strain on his marriage to Darcey's mother, and the pair split when his business ran into trouble. He returned to Australia, leaving Darcey when she was three years old.

Her mother met and married another Australian, dentist Philip Bussell, when Darcey was six. She has spoken of her childhood as 'very happy' and credited that with giving her the confidence to achieve so much.

She said, 'I always call Philip my dad – he is my dad. I never refer to him as my stepfather.' This is in stark contrast to the few words she has uttered about her biological father. Once asked,

she said, 'He was never part of my life, I don't want to talk about him.'

Sources say John made attempts to reconcile with his prima ballerina daughter before his death from emphysema in 2000.

In 1998, an Australian paper told how he had gone to see her perform in Sydney, afterwards sending a message to Darcey's dressing room to say he was there. He received a reply saying, 'Ms Bussell has left the premises.' He is also said to have watched her in London and New York.

John also claimed to have sent presents and letters until her eighth birthday, when he found out they weren't getting to her.

Shortly before his death, he said, 'Wanting a reunion has nothing to do with her being a famous ballet dancer. I have a father's longing to meet his daughter again after a lifelong separation.'

It was her mother who insisted her daughter start ballet to rectify her 'knock knees'. She joined the Royal Ballet at 13, and at 20 she became the youngest principal dancer at the Royal Ballet and received an OBE six years later.

Darcey hasn't let the hurt of her early years affect her own family. She married Australian banker Angus Forbes and had two daughters, Phoebe and Zoe. The family relocated for several years to Sydney, before she was lured back in 2012 for *Strictly*.

The talented dancer received an OBE in 1995

Andrea Bussell and Darcey's birth father John Crittle

Darcey now has a family with husband Angus Forbes

rs' secret adness

Anita's horror over a double family suicide

Just days after the nation watched her strutting her stuff with her dance partner Gleb Savchenko, the BBC showed us another side to the *Countryfile* presenter, Anita Rani, when she learnt some shocking secrets on *Who Do You Think You Are?*

Anita, 37, whose mother is Sikh and father Hindu, grew up in Bradford. She never knew her maternal grandfather, Sant Singh, but she soon discovered some horrific details about his past. 'My mum absolutely idolised her father,' Anita recalled. 'I never met him but I know that he was married before he married my nan and that his wife and child died, yet nobody seemed to have a clear answer about how that happened.'

The show sees Anita travel to India and Pakistan where her grandfather was caught up in the terrifying violence of the 1947 partition of India.

Anita soon discovered the shocking truth that her grandfather's first wife and daughter committed suicide to avoid being raped and shot by their own family, as was happening to women in villages along the border.

'That's shocked me to the core,' she said. 'My grandfather lost his entire family in Partition, he had nobody... he was totally alone.'

This devastating story buried in her not-so-distant family history has had a huge impact on Anita.

She said, 'I'm not surprised my grandfather didn't talk about his life before he married my grandmother.'

But now that I have got this knowledge... I have to talk to his children about it. They need to know.'

Anita shared her discovery with her mother in an emotional exchange which saw both of them struggling to come to terms with the brutal truth.

'I knew a bit about that period in history, but really only what you can get from books. I was determined not to blub but when my mum started crying, I was overwhelmed.'

It has left Anita feeling a connection to her grandfather's first wife and daughter, despite them not being blood relatives.

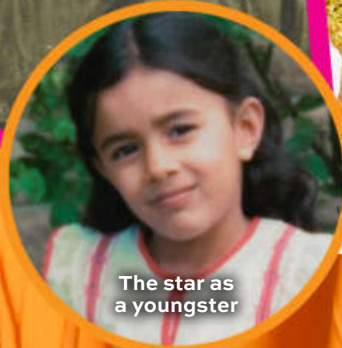
But she is now trying to make her mum smile by putting her best foot forward on *Strictly*.

'My mum is the biggest *Strictly* fan,' she said. 'She's over the moon that I'm taking part and I just plan to enjoy every single minute.'

Anita was 'shocked to the core' after discovering her family history



Grandfather Sant Singh hid a tragic secret



The star as a youngster



Anita says her mum adores *Strictly*

Under pressure Pauline piles on the pounds

Is *Birds of a Feather* star Pauline Quirke comfort eating to help get her through sleepless nights and a gruelling recent work schedule?

TV favourite PAULINE QUIRKE looked far from her usual sunny self when pictured recently filming scenes for *Birds Of A Feather*. In fact, the 56-year-old star looked positively glum.

And, no wonder! This year alone, she's starred in hit ITV series *Broadchurch*, is currently promoting *You, Me And The Apocalypse*, a 10-hour comedy thriller about the last 34 days of the world AND she's filming the Christmas series of *Birds*.

It's enough to make anyone

feel in need of a holiday – or at least celebrate the end of a day's filming with a glass of chilled wine and a cream cake!

And Pauline has admitted that she doesn't always deal with the stress of work well.

'There have been many times in my life when I've been petrified of things,' she confessed. 'I went through 101 episodes of *Birds Of A Feather* not sleeping and vomiting the night before filming, the lines going round and round in my head all night.'

Asked recently about his mum's behaviour on set, her son, Charlie, 21, revealed with a laugh, 'Mum is an amazing feeder. She's always bringing me a sandwich!'

Natural mum behaviour, if you ask us, Charlie! But that hasn't stopped the star coming under a vicious Twitter attack for her own love of food. 'A fellow, naturally fat and greedy woman... will get myself off to the nearest Slimming World class. You coming with me, Pauline?!' is just one of the many unkind

comments made about her.

Having lost a whopping eight stone after following Lighterlife's 600-calorie-a-day liquid diet back in 2011, Pauline was openly delighted with her new look. She went from a size 28 to a size 12-14 in less than a year. But she began to pile the pounds back on in April 2014 after she was snapped in Tesco buying cakes and wine.

At the time, her close friend,

A STRESSFUL TIME TAKING ITS TOLL...



2014 Buying comfort food and a bit of booze



2015 Pauline with *You, Me And The Apocalypse* co-stars Mathew Baynton (centre) and Rob Lowe



2015 With son Charlie at a charity football match



Enjoying lunch
on the set of
*You, Me And
The Apocalypse*

*'I eat and
drink too much
and exercise
too little'*

2015:
Pauline's
got bigger
again since
her dramatic
weight loss



At the British
Soap Awards
in 2011, after
her liquid diet

ON & OFF, UP & DOWN

publicist Max Clifford, was on trial for sex offences and her testimony in his defence, and then his guilty verdict, no doubt put the star under pressure, especially when his victims demanded she apologise for calling Clifford a 'good and decent' man.

By the September, she looked larger again, this time leaving a petrol station with a calorie-laden lunch of crisps and a sandwich.

TV weight-loss expert Steve Miller feared it could just be the start of the star's recurrent weight gain, 'Restricted diets are doomed. People get bored and end up having a major blowout,' he warned. 'They do not address long-term lifestyle change and it's really common for people to get fat again.'

And the most recent pictures of her appear to show the star is indeed losing the weight war.

Seen on the set of *You, Me And The Apocalypse* this July taking her lunch break in a wedding dress, Pauline

looked around a size 26.

Talking about reaching her 11st goal four years ago, Pauline admitted a fear of coming off her strict diet.

'We can all get [the pounds] off, but some people lose it all and it goes back on, because they go back to how they used to eat. I am greedy. Eating "normally" doesn't apply to me. I eat and drink too much and exercise too little.'

So, has the star simply returned to her old eating habits? Even Pauline herself isn't sure.

'I get worn down with all the psychology surrounding food,' she admitted. 'But maybe that's been lurking in the recesses of my mind all these years. Eat it all! Eat lots! Finish every last bit on your plate, Pauline!'

Does anyone else remember their mother saying that? We certainly do. And, if that's the real reason Pauline's piling on the pounds, we have nothing but sympathy for her!

**Compressed lasts
as long as a big can.**



**Try it and join
the 9 million women
who've chosen it.**



**It won't
let you down**

Has Paul's affair tamed him?

Paul Hollywood insists he's 'not as mean as I look'. Well, not these days

King of Dough Paul Hollywood has long been referred to as the **Mr Nasty** of *The Great British Bake Off*, alongside the 'Mother Teresa of cakes' Mary Berry, since the show launched in 2010.

One of the country's finest bakers, Paul quit training as a sculptor to join the family business with both his father and grandfather pro bakers. The 49-year-old went on to become the head baker at London's posh Dorchester hotel.

Now a firm TV favourite, he has been famed for his stinging one-liners, telling one contestant, 'This looks like a tennis court from Hades,' and insisting, 'It's my job to be judgmental, cruel to be kind is the only way.'

However, viewers of the current series have noticed that Paul is showing a new, softer side.

In 2013, the sex symbol admitted an affair with co-host Marcela Valladolid, 36, on the failed US version of the show,

The American Baking Competition.

Paul split from his wife of 15 years, Alexandra, moving out of their home in Aylesham, Kent, but reunited with Alex, 49, and their 13-year-old son Josh.

A contrite Paul admitted, 'What I did was wrong. It was the biggest mistake of my life.'

Co-judge Mary Berry supported him and it was said that she threatened to quit if Paul was forced off the show. She also reportedly told him to 'apologise' to his wife and praised Paul constantly to Alex, who offered her errant hubby a second chance.

Could all this be why he's being so nice?

According to the man himself, no. He insists he's *always* been a big softy and that his image is 'all down to crafty editing.'

Hmmm... they can only show what you said, Paul.

Who knew he had a soft centre?



Paul had a fling with Marcela two years ago



Wife Alex gave him a second chance

BEFORE

PAUL'S ACERBIC PUT-DOWNS

'It's like chewing wallpaper'
'The flavours are all wrong'
'This meringue looks pretty poor, actually'
'You couldn't eat more than a thimbleful'
'Do you think you can rescue those with icing?'
'You're miles away from the flavour point'
'It is burnt and it is bitter, thank you very much indeed'

NOW

PAUL'S SWEET NOTHINGS

'I'll have another piece of that'
'Love the cream horns, delicious'
'That's spot on'
'I'm very impressed with the standard today'
'That is one of the best things I've seen in bread ever. It's exceptional'
'I think you've done really well, considering there's no sugar in there'
'Just using the jelly is extremely clever'

Paul's been a cuddlier, happier judge...

... even managing a laugh or two with Mary

Damian and me with our precious boy

LEARNING TO LOVE

'I couldn't look at my newborn son'

In a devastatingly honest account, mum Kerry Robles, 36, talks about the moment she discovered her baby had Down's syndrome – and how she fell in love with her flame-haired boy

Like any mum, sending my son off to primary school this September filled me with pride. As I watched my little man board the school bus, my heart burst with love. Which makes it even more unbelievable that I could barely look at my gorgeous little boy when he was born. Because Hanaki has Down's syndrome and, throughout my pregnancy, I had no idea.

Discovering it just four minutes after I'd given birth crushed me. This wasn't the perfect little baby I'd been expecting. He barely felt like mine. I was engaged to my fiancé, Damian Robles, when I discovered I was pregnant in January 2011 – a surprise, but we were so excited.

My pregnancy went smoothly and we weren't offered an amniocentesis test, which spots any serious health conditions, as we weren't considered high-risk

for genetic problems. At 16 weeks, we found out we were having a boy, and chose a name – Hanaki, which means "little river" in native Mexican.

That summer, we married and moved back to my home town of Belfast in time for the birth. Two weeks early, I went into labour. On 19 September 2011, Hanaki was born.

People say that babies look like their fathers but, with his shock of red hair and almond-shaped eyes, Hanaki had clearly got all of his features from me.

But, as I cradled him, a midwife interrupted my bliss, saying, "Your baby may have some characteristics of Down's syndrome." The happiest day of my life instantly changed to the darkest.

I'd believed only older mums were at risk. When tests confirmed the midwife's fears, I felt myself detaching from reality. When Hanaki was returned to me, I could

barely look at him.

I fed and cared for him, but the instinct to cuddle him, coo over him, had vanished.

Nothing about being a new mum was how I'd imagined it. I got concerned, stilted hugs, not congratulations. Nobody said, "Oh, he looks just like you!" That hurt.

Even my parents looked scared. None of us knew anything about Down's syndrome and I didn't have a clue what I was facing.



On our wedding day, with baby Hanaki on the way



Hanaki, newborn

THE ARRIVAL



'Hanaki is who he was meant to be'

I struggled to bond with him at first



The most gorgeous baby I'd ever seen



Hanaki loves to sing and uses sign language



MY BEAUTIFUL BOY

Four days after Hanaki's birth, I was hit by a wave of grief. I couldn't bond with my son, and I was furious at the unfairness of it. Why was this happening to me?

My first chink of light came when a nurse told me about her son, who also had Down's syndrome. He had a job and was about to get married. "He's the most incredible person I know," she said. "Your life's not over, I promise."

When we finally came home after 10 days, I put him next to Damian on the bed. Hanaki snuggled tightly into his dad's body then, when I cuddled up next to him, grabbed my finger.

Looking down at his long eyelashes and big brown eyes, that first flood of overwhelming love came back. He was, and still is, the most breathtakingly beautiful little boy I've ever seen. How could I not adore him? From then on, I started connecting with my son.

It wasn't easy. When I went out, all I could see was mums showing off their "perfect" babies. But, as his personality developed, I stopped seeing his differences as negatives.

Hanaki is who he was meant to be. Down's syndrome is as much a part of him as his love of hugs, his cheeky smile.

We do have bad days. Once, a woman in a shop pointed at Hanaki and said, "Didn't you

know he was Down's beforehand? Surely you'd have got rid of him..."

I couldn't believe anyone could be so cruel. The only thing that dried my tears was the reminder of how many more people stop me to say how gorgeous my son is.

I had a healthy little girl, Marley, 18 months after Hanaki was born. Now, they're inseparable. If Hanaki doesn't want his dinner, his little sister is the only one who can feed him.

Doctors told us we'd have to wait and see how Hanaki developed. But he started using Makaton, a form of sign language, before his second birthday and began to sign 'more' for biscuits, *CBeebies* and tickles.

He began toddling at two and, at three, was putting words together. He doesn't speak in full sentences, but he can sing every word of *Let It Go* from *Frozen*!

I'm not in denial. I know that his genetic condition will cause developmental and learning delays. But Hanaki's shown us he's not giving up, so neither will we.

At 32, my chances of having a baby with Down's syndrome were one in 10,000. Then, I felt like the world was against me. Now, I think he's my lucky lottery win.'

Sorry Cheryl, your weight does matter

With thousands of adoring fans, the focus on the *X Factor* judge's weight could be doing a lot more harm than good

When Cheryl Fernandez-Versini stepped out in a floor-length velvet Victoria Beckham dress at the Pride of Britain Awards last week, heads were turned – but for all the wrong reasons.

Normally, thick fabrics such as velvet add pounds to your shape, but the 32-year-old's tiny frame looked almost childlike.

Just days before, the popular *X Factor* judge hit

out at critics about 'double standards' over her weight, saying, 'Being overweight is unhealthy,' but it didn't stop the comments.

'Emaciated person justifying starving herself by babbling about being "healthy",' said one viewer.

And it's not the first time the star's petite frame has been the talk of the town.

When she first stepped out on *The X Factor* carpet

earlier this year, wearing black trousers and a cropped top that revealed her ribs, Twitter went into meltdown.

'OMG, she's actually a walking skeleton... skinnier than she's EVER been...' Wrote one fan. 'Eeeh... #Cheryl, eat some lard, pet. Looks poorly,' added another.

A furious Cheryl hit back at what she saw as 'body-shaming' – even suggesting there should be a law to prevent people from publicly attacking others over their appearance.

But dietician Helen Bond says girls – and

boys – can't fail to be influenced by celebrities.

'So many people in the public eye have unrealistic low weights, and it is so damaging for young girls to restrict calories and cut out whole food groups to try to look like this,' she says.

'Teenage girls are most influenced by role models and are the most vulnerable in terms of their image. It's the time when their bodies

are changing

and they are really conscious of it.

'People think it's a matter of "the thinner, the better", but being too thin is associated with huge health problems.

'Once teenagers remove milk, for example, from their diets for fear of it being fattening, they can damage their bones.'

She added, 'If girls ditch dairy, they're at risk of not getting enough calcium or vitamin D and that can be a precursor to osteoporosis.

'Body frames with a BMI lower than 18.5 can cause weakened bones, fertility problems and a diminished immune system.'

Being too thin can come with huge health problems'

JULY

Cheryl's skeletal appearance sparked a national debate



WORDS: SIOBHAN WYKES PICTURES: GETTY



The star turned heads for all the wrong reasons at the Pride of Britain awards

Cardigan

£25

Jumper

£8

Jeans

£20

Boys'
Cardigan from

£12*



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TOGETHER

Exclusively at **ASDA**

THIS WEEK... EAMONN GETS H



WEIGHT OF THE LAW

Eamonn New research shows that we don't think that fat people are capable of committing crime. Our built-in preconceptions indicate that, presented with line-ups of suspects in ID parades, we are more inclined to dismiss the chubsters.

The theory is that we rule them out of having perpetrated burglaries and muggings, for instance, on the grounds of lack of stealth or agility. As a chubster myself, I find this promising news if I ever need to fall back on a life of crime – doubly so because our ever-reducing police force seems to be constantly increasing in waist and collar size.

Have a look yourself and tell me it's not so. OK, I'm no role model, but I'm not being entrusted with legging it after a mugger.

Police and community support officers have a big job, big amounts of kit to carry and a big responsibility. We don't need another factor weighing in favour of the crime world's Mr Bigs.



HEAVY ON US!



Come on, girls, what about a daily mile?

SMILE MILE

Ruth There's a brilliant idea that's catching on in schools across the land – just run a 'daily mile'. No fuss, no red tape, no change of outfit, just do it, enjoy it and feel the benefits. Top marks to St Ninians Primary School, Stirling, where it began three years ago. The teachers claim no pupil is now overweight. So, if it works so well, why stop at schools?

Where the feelgood factor is concerned, the daily mile has got to be better than drugs or diets. I'm proposing that more companies introduce this in the workplace. It wouldn't take much more than 20 minutes out of the day and we'd all win – us, employers and the NHS. How about it, fellow Loose Women?

Double Take



News, views and a fresh take with **Eamonn & Ruth**

BIRTH OF THE SELFIE

Ruth Let me take you back to 1974 – a time before mobile phones, texts and emails. But when my BFF, Jennie Penhallow, and I met up at the weekend, we realised that 'selfie pouts' were alive and well back then! The youth of today claim them, but here's the evidence that Jennie and I invented them!



TALKING POINT

I KNOW I DON'T LOOK OLD ENOUGH...

Eamonn This week, I mark 35 years of doing what I do. I'm often asked what I think is the biggest achievement of my career. The answer is very simple – surviving!

In October 1980, aged 19, I started out as a reporter on a Sunday afternoon programme on Ulster TV, called *Farming Ulster*. I loved that job, and two years later, at 21, I became

the youngest anchor of a teatime news programme anywhere in Britain or Ireland – a record I hold to this day. It was a huge



Fresh-faced TV debut!

responsibility – there was a war going on in Northern Ireland, and I was part of the team reporting and explaining it.

That brought a lot of professional attention to Northern Irish media people like myself. In 1986, I was poached by the BBC for the launch of daytime TV, and I've never stopped running on the telly conveyor belt!

Without boring you, *The Holiday Programme*, *How Do They Do That?*,



Further down the road, presenting Sky News



35 years on, I still love my job in the spotlight

Pot Black, BBC *Breakfast*, GMTV, *The National Lottery Jet Set*, ITV's *This Morning* and *Sky News* are, I think, my main achievements. I was the first to host the National Television Awards, and I've had my own show in the US. It all took 35 years, but it feels like it started just last year. The pictures tell a different story, though!

CLASSIC CAKES WITH *a fresh twist*

STUCK IN A BAKING RUT? THESE DELICIOUS
NEW RECIPES WILL PUT YOUR SKILLS TO THE
TEST AND IMPRESS YOUR FAMILY AND FRIENDS

Blueberry sandwich cake with lemon buttercream



Enjoy this fruity little twist on a Victoria sponge, but don't expect your fingers to stay clean – bursts of blueberries and a creamy lemon filling make it impossible to keep your hands off it!

SERVES 8-10

- 225g unsalted butter
- 225g caster sugar
- 225g self-raising flour, sifted, plus a little extra to dust
- 3 medium eggs, whisked
- 1 tsp vanilla essence
- 225g fresh blueberries

LEMON BUTTERCREAM

- 110g unsalted butter, softened
- 350g icing sugar, plus extra to dust
- 3 tbsp lemon juice

1. Preheat the oven to 200°C/fan 180°C/gas 6. Grease and line two square 18cm baking tins.
2. Beat the butter and sugar using a wooden spoon or electric whisk, until light and fluffy. Add the flour and whisked egg alternately, a little at a time, until thoroughly combined. Add the vanilla and mix well.
3. Wash the blueberries and lightly coat them in the extra flour, then gently fold them into the mixture.
4. Divide the mixture between the tins. Bake for 25-30 minutes, or until a skewer inserted in the centre of the cakes comes out clean. Leave in their tins to cool.
5. For the buttercream, beat the butter and half the icing sugar, then add the lemon juice and mix again. Add the rest of the icing sugar and beat until smooth. Remove the cakes from the tins and spread the buttercream over one of them. Gently place the other cake on top and dust with icing sugar to serve.

Extracted from *The Clandestine Cake Club: A Year in Cake*, by Lynn Hill, £20, published by Quercus.
Blueberry sandwich recipe: Gemma Underwood
Caramel pecan Swiss roll recipe: Lynn Hill

Caramel pecan brittle Swiss roll

A Swiss baker named Frederick Belmont opened the first Bettys Tea Room in 1919. Today, Bettys boasts six tea rooms around Yorkshire. Here is an exquisite Swiss roll honouring its founder's origins and artisan skills.

SERVES 8

- 3 medium eggs, separated
- 140g soft light brown sugar
- 1 vanilla pod, seeds scraped
- 30g caster sugar
- 100g self-raising flour, sifted

CARAMEL PECAN BRITTLE

- 100g caster sugar
- 20g pecan nuts, roughly chopped

FILLING AND TOPPING

- 180g full-fat cream cheese
- 30g icing sugar, sifted
- 1 vanilla pod, seeds scraped
- 200ml double cream
- 20g pecan nuts, roughly chopped
- 12 pecan halves, to decorate

1. First, make the caramel pecan brittle. Line a baking sheet with baking parchment. Put the sugar and 35ml of water into a heavy-bottomed pan and gently heat until the sugar has dissolved. Bring the syrup to a boil until it begins to turn a golden caramel colour. Keep watching it. Remove from the heat and carefully add the chopped nuts. Give the pan a swirl – don't stir, making sure the nuts are coated in the caramel, then pour on to the baking parchment allowing it to find its own level. Leave to set and cool completely.

2. When cool, break the brittle into chunks before blitzing in a food processor until you have fine crumbs. Leave to one side until

required. Preheat the oven to 180°C/fan 160°C/gas 4. Grease and line a 32 x 23cm Swiss roll tin.

3. Beat the egg yolks, brown sugar and vanilla seeds using a wooden spoon or electric whisk, until thick and creamy and much lighter in colour.

4. In a clean bowl, whisk the egg whites until soft peaks form. Continue whisking as you slowly add the caster sugar until you have stiff peaks. Gently fold a little of the egg white into the yolk mixture to loosen it, then fold in two-thirds of the egg white, then the flour, and finally the last egg white.

5. Carefully pour the batter evenly into the tin and bake for 8-10 minutes or until a skewer inserted in the centre comes out clean. Leave in the tin to cool for a few minutes, then place a fresh sheet of baking parchment on top of the sponge and turn it out. Remove the old parchment. Beginning at the shorter end, roll up the sponge, including the paper. Leave rolled until it is cool.

6. Make the filling. Mix cream cheese, icing sugar and vanilla seeds. In a separate bowl, whip the cream until soft peaks form. Gradually add this to the cream cheese mixture and mix until combined. Do not overmix.

7. Unroll the sponge, leaving it laid out on the baking parchment, then spread half the filling over it. Scatter over the chopped pecans, followed by a large handful of the crushed brittle. Starting with the shorter end, and with the aid of the baking parchment, roll the sponge around the filling. Place the remaining filling in a piping bag fitted with a rosette nozzle and pipe rosettes on top of the roll. Scatter more brittle over the whole cake and decorate with the pecan halves.

GET SALON RESULTS IN YOUR BATHROOM WITH OUR TIPS

If you're one of the 40 per cent of UK women who have experienced a home hair colouring disaster*, read this essential guide. From choosing the right hue for you to banishing greys and keeping freshly-coloured hair in top condition, we have the answers to your mane (ahem) questions, to help you home-colour with confidence.

Before you take the plunge

CHOOSE YOUR PERFECT COLOUR

Going grey? 'Choose shades that are one depth lighter than your original colour,' says hair colouring expert Scott Cornwall. 'This prevents your hair looking heavy, wiggy or artificial.' It may seem a risky prospect, but remember that dye looks darker on your hair than it does on the box. Considering there are countless shades of brown and blonde, it's understandable if you need more guidance. Firstly, Scott advises using your eye colour as a benchmark.

EYE COLOUR GUIDE

Brown, like Catherine Zeta-Jones or Gwen Stefani Go for rich, glossy chocolates or block blondes.
Grey, like Kate Middleton Multi-tonal colour, with a cooler ash tone to it.
Clear blue, like Dannii Minogue Dark brown and light platinum blondes.
Hazel, like Kate Hudson or Emma Stone Golden blondes, or a multi-tonal brunette or auburn.
Green, like Adele Reds, blondes and brunettes, but avoid cool or flat tones.

WORK WITH YOUR SKIN TONE

Warm skins suit golden shades, while cool skins are flattered by ashy tones. If you're unsure, go for 'no tone.' 'These are known as "neutrals", recognised by a 0 next to the base number on the box, or with the letter "N,"' advises Scott Cornwall.

FIND THE RIGHT FORMULA

If you're looking for a richer, glossier colour, using a semi-permanent will suffice. To cover greys, 'Permanent is best – the molecules in the mix are smaller and, once formed, remain in place,' explains Jonathan Long, Clairol Nice'n Easy hair advisor.

COLOUR *at home* FOOLP

Doing the deed

'Colour before you go for a cut,' says Scott. 'This way, you'll have a bit more length to work with for good distribution while colouring.'

In the bathroom, mimic salon techniques and use a tint bowl and brush. They often aren't included in home colouring kits, but you can buy them from pound shops. 'Never mix the colourant in the bottle supplied and just pour it over your head,' warns

Scott. 'It can cause build-up, and patchy colour results. Always colour in natural light, too. Artificial light won't display the result as it truly is.'

For grey coverage, **L'Oréal Excellence Age Perfect Hair Colourant, £7.99**, uses different proportions to give hair a multi-tonal effect and is tailored specifically to treat colour loss. To prevent damage, **Clairol Nice'n Easy Age Defy, £6.99**, injects extra moisture into the hair shaft for a glossier finish, and covers greys, too.

Mane maintenance

CONDITION IS KEY

...to keeping coloured hair beautiful. 'Frequent colouring and heat-styling can damage the cuticle layer and weaken the hair structure,' says Scott. **BEFORE DYEING** or in between dyes, **Scott Cornwall Precolour Protein Spray, £12**, protects and strengthens hair by balancing out any damaged areas.

AFTER DYEING, conditioner helps to close the cuticles, so apply daily, and use a weekly mask, too. We love

Alberto Balsam Blends Colour Bright Conditioner, £1.99, and **Andrew Barton Protect My Colour Treatment Mask, £3.60**. Also, Neil Moodie, Viviscal ambassador, advises, 'Wash your hair every other day if you're worried about your colour fading.'



Quick cover-ups

Don't get caught out with greys. The latest batch of root concealers are mess-free, with instant results, and the formulas below are designed to suit different hair types.

FOR DRY HAIR **Kazumi Root Vanish, £30 (five shades)** is a brush-on gel formula that gets right to the roots and lasts until your next wash. 'When applying, get close to the scalp, then move the brush outwards,' advises product founder Kazumi Morton.



FOR LIMP LOCKS Go lightweight with a spray option. **L'Oréal Professional Hair Touch Up, £12.99 (four shades)** fits into your handbag for on-the-go emergencies. Like dry shampoo, spray at a distance on to the root area. 'After applying, wait a few moments, then disturb the root area using fingers or brush to ensure a natural finish,' says Nathan Walker, international technical director for Trevor Sorbie. **Josh Wood Root Concealer, £12.50**, does the same job but also caters for lighter and golden blondes.

RING made ROOF

NO EXCUSES, ANTON!

Don't get me wrong, I love Anton Du Beke, but he needs to stop with the jokes! His partner, Katie Derham, is an amazing, sexy dancer with masses of potential. I'd have loved to have danced with her! She's no Ann Widdecombe, and they could go all the way to the final – so focus on the dancing and show us what you can do, Anton!



Joking apart, Anton's lucky to get Katie



Strictly Laid Bare

James Jordan has the hot news on this week's movers and shakers

PERFECT PETE

I've been asked to explain my comments about Peter Andre. Okay, I did tweet that he's not technically the best. Well, I'm a professional and, as far as the steps go, he's not always correct. Sorry, guys! That said, he's a natural performer, he's full of fun and energy, and *Strictly* is partly a popularity contest – so I expect to see Pete dancing right up to the end!

Peter can't put a foot wrong with the fans

IWAN'S A REAL SPORT

Bless Iwan – he tried his best at the weekend, but the Cha Cha was always going to be tough for him. Ola made it as simple as she could, and I texted Iwan before the show. He replied, 'I just want to make Ola proud – I'm so afraid I won't.' Unlike Pete, Katie, Jay, Helen and Kellie, he had zero dance training before *Strictly*, so good on him.



A fair fight? Iwan had no previous dance training

GEORGIA'S NOT CURSED...

Has the *Strictly* love curse struck again? No! I don't think for a minute there's a romance between Georgia May Foote and her partner Giovanni Pernice. Come on – if you were involved with someone with a boyfriend, would you write a kiss into the dance routine?! That said, jealousy is a natural emotion, and worrying about her boyfriend's reaction could have stopped Georgia really going for it in the Rumba.



A kiss too far for Georgia?

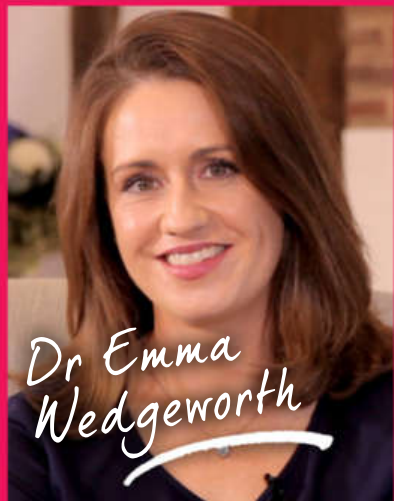


Kristina's dancing with Daniel

IS IT JUST ME?

How awful are the celebrity 'comedy' interludes on *Strictly*? We get no idea of anyone's personality or how they're struggling in training. Please, no more staging. Let's get back to what the contest is all about – the dance. And let me know if I'm right about the personalities. I mean, is Daniel O'Donnell really as boring as he seems?!

Beauty masterclass



Looking after sensitive skin

Find out how to soothe and repair a reactive complexion

DR EMMA WEDGEWORTH is a qualified clinical dermatologist, specialising in all general adult skin complaints, including eczema, psoriasis, acne and skin cancers. She has a specialist interest in paediatric skin disorders and inflammatory skin, making her fully qualified to advise on the issues that cause aggravations. Besides those with common conditions, Emma explains, 'I often see women who spend hundreds of pounds on several products a day, none of which really suit their skin type, which can also result in increased sensitivity.'

Emma's easy guide to treating the symptoms

● **Sensitive skin reacts easily and can become irritated by a number of factors**, including changes in the weather and using new products. It can reveal itself as red, dry and itchy. Once you know the type of aggressor you have, you can help ease the symptoms.

● **Rosacea presents itself as a ruddy complexion**, along with bumps and pimples. It can run in families, but excessive sunlight, alcohol and smoking can make it worse. There is no cure, but you can manage the symptoms. Choose gentle products like soap, fragrance and alcohol-free formulas to prevent reactions, and steer clear of spicy foods to prevent inflammation. Worst cases can be eased with medication.

● **Eczema can affect any part of the body**, but most commonly in the creases of the arms and legs, manifesting itself as red, dry and itchy skin. There's no cure but physical signs can be treated. Severe breakouts may need steroid creams or other medication, which need to be prescribed by a doctor. Beyond that, you can have specialist treatment by a dermatologist. We sometimes

use UV light therapy or strong tablets, which change the way the immune system works.

● **Simplifying your regime is the key** to improving your complexion. This involves avoiding a lot of ingredients! Products containing fragrance, alcohol and active ingredients should be given a wide berth. Soaps, bubble baths or shower gels can remove oil from the epidermis and leave it raw. Beware that 'natural' and plant-based products can also irritate. Look for labels describing products as fragrance-free, alcohol-free, or marked 'sensitive'.

● **Don't overload your routine.** It's the quality of the products you use that matter, not the quantity. A cleanser, moisturiser and sun protection will give your skin the support it needs, with your daytime regime focused on protecting and your night-time on repairing. Choose a physical sunscreen instead of a chemical one. They reflect the rays off the skin instead of penetrating, which can often aggravate. Look on the ingredients list for zinc oxide or titanium dioxide. At night, choose an emollient-based cream to protect and treat.



ANNE HATHAWAY

SUNGLASSES

A pair of oversized frames gives this simple outfit an effortlessly elegant look.

BLAZER A monochrome palette never dates and switching to a white blazer gives this look a softer finish.

JEWELLERY

Staking rings and layering bracelets are bang on trend for autumn. The perfect way to add a touch of modern glamour to a daytime wardrobe.

SHOES Perfect for petites, a pair of platform Mary Janes are a great way to lengthen your legs.

TOP Polka dot prints can be tricky to pull off. Copy Anne and opt for small dots instead of oversized, which can make you look a bit like Minnie Mouse.

BAG Carry all your essentials in a structured, cross-shoulder bag. It's just as practical as a roomy tote and ideal if you can't leave home without all your essentials.

TROUSERS If you splash out on one item this winter, consider a pair of tailored trousers. Smart, stylish and the perfect item to dress from day to night.

Ste

Oscar-winning actress

Sunglasses,
£4, Peacocks

Top,
£24,
Poppy
Lux

Rings,
£70-80,
Selection
from MeMe
London

Bracelets,
£4.99,
New Look

Shoes,
£35, Next

al her look

ess *Anne Hathaway* is always a winner in the fashion stakes

COSY CHIC

Switch the blazer for a white jacket and this classic colour combination will work this winter, too!

Top, **£24.50**,
qvcuk.com

Jacket, **£54.99**,
witt-international.
co.uk



Sunglasses,
£6, Yours

Coat,
£89,
M&S



Rings, **£7**,
Wallis

Bracelets,
£4.99,
New Look

Bag,
£38,
Next

Bag, **£40**,
hotter.com

Trousers,
£89, Fenn
Wright
Manson

Trousers,
£29,
M&Co

CITY SMART

Tailored separates can look just as smart as a suit. Invest in a well-cut jacket and it will become the most versatile item in your wardrobe.



Heels, **£35**,
Next

best
style
icons



£119, John
Lewis



£29,
Accessorize

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new season*



£25,
Dorothy
Perkins



£75, French
Connection



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£99



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£65



£35

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have to be
moody. Mix
different tones
for statement
style*

Coat, £199
Dress, £129
Both Fenn
Wright Manson
Boots, stylist's own

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MANSON**



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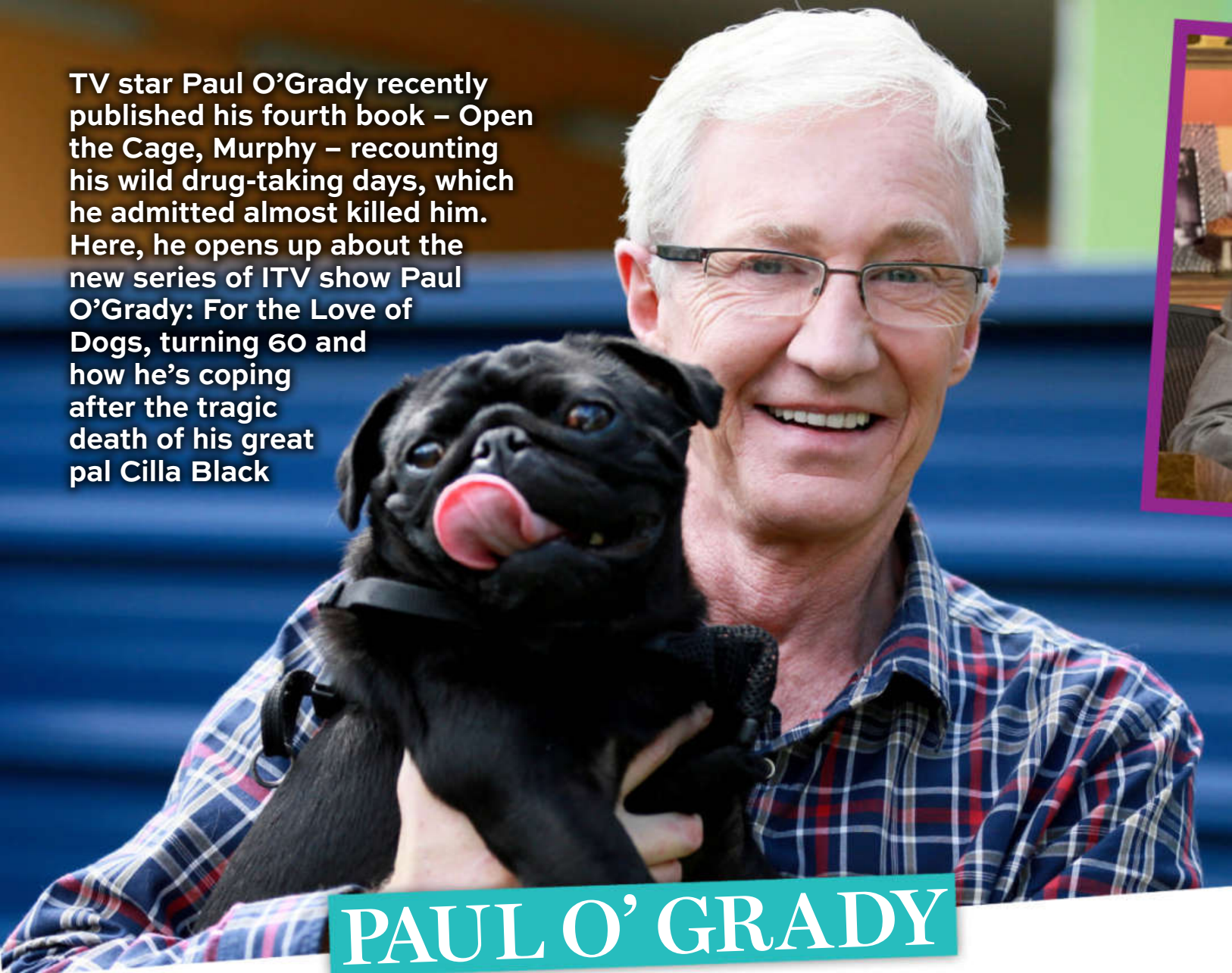


£149

£109



TV star Paul O'Grady recently published his fourth book – *Open the Cage, Murphy* – recounting his wild drug-taking days, which he admitted almost killed him. Here, he opens up about the new series of ITV show *Paul O'Grady: For the Love of Dogs*, turning 60 and how he's coping after the tragic death of his great pal Cilla Black



PAUL O' GRADY

'I'm not immortal'

You said you were quitting *Paul O'Grady: For the Love of Dogs* – how come you've decided to return?

People were at me, saying I couldn't give it up. I had cab drivers saying, 'I heard you're leaving,' I said, 'Well, I am' and they said, 'Well, you can't.' Also, there were all these letters and then the Battersea Dog and Cats home website crashed, so I thought, 'Oh, well, I'll have to go back, won't I?'

Are you a dog lover?

Honestly, if it meant selling

my house to look after my dogs, I would. I'd say, 'Fine OK, that's the score.' I must spend in the region of £200-£300 a month on their medicines. It all costs a fortune. Two of them are epileptic, Olga is living with cancer, Louis has got arthritis and ulcers on his eyes and Eddie thinks he's Napoleon! They're all smashing dogs, though, and my argument

is that if you've got a dog, you've got it for life, so if it's ill, you support it.

We hear you meet the Queen in the new series of the show!

She was asking how many dogs I have. She was very chatty.

When it's a subject she's genuinely interested in she becomes animated. I don't get nervous talking to her. I used to, but I've met her so many times

now it doesn't bother me. Saying that, I'm not like, 'All right, girl!' when she comes in! I'm on my best behaviour. She gave me a nice big smile. It's like a smile of recognition, or maybe that's just my vanity. **How are you coping since the sad death of your close friend Cilla Black?**

It was shocking – poor Cilla – I couldn't believe it. We were so close. We had a lot in common, we had similar backgrounds – we spoke the same language, basically.

'You have a dog for life – if it's ill, you support it'



Paul and one of his pooches, Olga, who suffers from cancer



He met the Queen when she opened the new kennel block at Battersea

WORDS: SUE CRAWFORD PICTURES: BATTERSEA DOGS HOME, KATE WALCH, REX SHUTTERSTOCK, NILS JORGENSEN/REX SHUTTERSTOCK

I used to speak to her nearly every day, I spoke to her just before she went out to Spain. Even though I went to her funeral, I don't think it's quite sunk in yet. Something happened recently and I remember thinking, 'Oh, I must tell Cilla,' and then I thought, 'Oh, God, she's not here to tell.'

Has her death made you take stock of your own life?

I think it makes everybody think, 'I'm not immortal'. You tend to think you are. I do, anyway. Shove me in a cage with a load of cheetahs, no problem. You get blasé, really.

How did you hear the sad news?

I was at home on a Sunday morning eating my breakfast and a newspaper rang me. It was such a shock, I couldn't take it in. I always thought she'd outlast me. We had it all planned. She was going to be at my funeral in a wheelchair in a mantilla [lace scarf], holding lilies with a trained nurse pushing her along! It never worked out like that. It's very sad.

What's coming up next for you?

I'm flying to Borneo for 10 days to make another series of *Paul O'Grady's Animal*

Orphans for ITV, which I'm looking forward to. I've just published the latest instalment of my autobiography *Open the Cage, Murphy*, which recalls my wilder days. I'm also writing a children's book.

You must be shattered.

I get exhausted. I come home after I'm completely flat-out and I have to go to bed. But I've never been the type to go to bed early. I couldn't go to bed at 10.30pm, sometimes I'm up until 3am. My friends have given up telling me to slow down! I find it hard to sit down and relax and I never sit down in the house.

Do you keep yourself fit?

My house has a gym and when I first moved in I started going. I saw results so I thought, 'Ooh, I'll keep at this,' and in the end my chest was over 44in. I was really beefy and I remember having a wardrobe fitting for a panto and one of the dancers said, 'Whoa, where did this body come from?' I was mortified! But I didn't keep it up. I went three times a week for six months and had protein shakes. I was fanatical, but it's all you end up talking about. Now I can't be bothered!

How did you feel when you turned 60 this year?

I went a bit mouthy in supermarkets – I was like Catherine Tate's nan! 'Oh come on, hurry up!' or 'I've never heard such rubbish in my life, how you've got the nerve to come out with that is beyond me!' And I started saying, 'Get that off!' when any filth came on the telly! But I think that's passed – it was the shock of being 60, it just seemed such a big age.

● Paul O'Grady: For the Love of Dogs starts on ITV on Thursday 8 October



'Cilla and I were so close. We spoke the same language'



Look gorgeous
with **Patsy Kensit**



MY HOT PICKS

● One highlighter doesn't fit all, so you may need to blend a couple together to find your perfect colour match. The shades in **Sleek Precious Metals Palette, £10**, can be worn separately or mixed to create a bespoke look – perfect if you are a first-time strober!

● For an easy way to add a pop of radiance to your face, consider **Barry M Radiant Rod Highlighter, £3.99**. Use the chunky crayon anywhere you want to add light, and blend using your fingers.

● Liquid-based products can be a little runny and difficult to apply, which is why I love **Kiko Cream Radiance Highlighter, £10.90**.

The unique gel-to-cream formula is easy to control and gives skin a luminous glow.

● A fan brush is great for removing excess product and can help blend a powder-based illuminator. It's worth splashing out on a good one such as **Make Up For Ever Powder Fan Brush, £21**, as it will last a lifetime.



The celebrity make-up trick that could work for you!

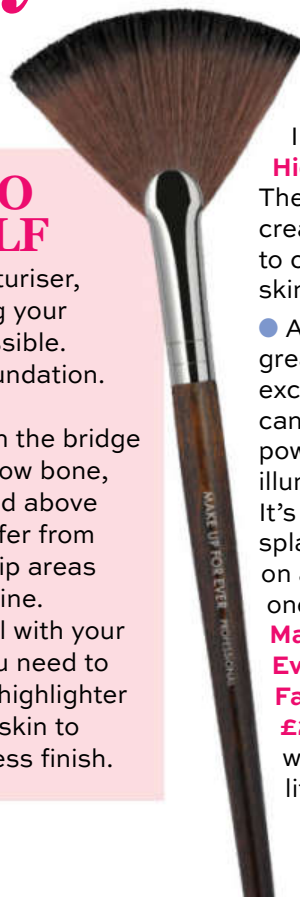
If you find contouring impossible to master, try strobing instead

WHAT IS STROBING?

The buzzword might be new, but the technique really isn't. It's basically using highlighter in different areas of your face to create a dewy and more youthful glow. Celebrities like Beyoncé love it, and even the Queen of contouring, Kim Kardashian, has given it a go! The good news is it doesn't require covering your face in loads of different products, and you don't have to be a gifted make-up artist to master it.

HOW TO DO IT YOURSELF

- Prep your skin with moisturiser, as this is the key to keeping your complexion as dewy as possible. Then apply your chosen foundation.
- Apply highlighter to your cheekbones, temples, down the bridge of your nose, below your brow bone, the corners of your eyes and above your cupid's bow. If you suffer from combination or oily skin, skip areas that are prone to excess shine.
- Blend the highlighter well with your fingers or a brush. You need to make sure that the highlighter fades into your skin to create a flawless finish.



Can a £6.99 cream take on the luxury market?



There's a brand-new anti-ageing product that's causing a stir – and you can get it at your local supermarket.

Aldi has introduced its first luxury skincare range – with caviar as its star ingredient. It launched in Australia last year to such success that it's here now. Lacura

Caviar Illumination Day Cream went on sale on Sunday at just £6.99 for 50ml. So what's all the fuss about fish eggs as a beauty treatment?

'Caviar is comprised of lipids, amino acids and vitamins. It's most likely the protein that has the biggest effect on the skin by providing nutrition, while the lipids help to hydrate the skin,' says Dr Rabia Malik, consultant dermatologist at London's Grace Belgravia Medical.

The Aldi cream is arguably similar to La Prairie Skin Caviar Luxe Cream, £292 for 50ml. So is a £6.99 cream as good as one costing 41 times more? Dr Malik and a La Prairie devotee compare both them...



The expert



Dermatologist Dr Rabia Malik compares the creams' ingredients

'It's hard to judge from the product listing which brand has the most caviar extract. The La Prairie cream appears to have more plant extracts, listed higher up in the ingredients, indicating potentially higher concentrations. It also has shea butter, to help nourish and hydrate the skin. Aldi's cream does not.

'However there's much more to skin cream than just ingredients. The consistency and texture, and how the actives penetrate the skin all play a part. Both products contain parabens and synthetic fragrances, which can cause irritation.'

The La Prairie customer



Mum-of-two Tara Borner, 43, has been using La Prairie products for 16 years

'I love a beauty bargain, so Aldi's new cream intrigued me. The first thing I noticed was the difference in consistency. Aldi's cream is much thicker and whiter than La Prairie. While the La Prairie is more luxurious to apply and makes my skin look more dewy, the feel and appearance of my skin is almost

identical. I also use much less of the cheaper moisturiser so the pot will last considerably longer. I am impressed so far!'

OUR VERDICT Aldi's budget offering looks set to be a hit. Warning: it's a Specialbuy – once it's gone, it's gone!

THIS WEEK...

Straight Talk...



With Loose Woman
Coleen Nolan

Intern at 50? What a brilliant idea!



Robert De Niro
stars alongside
Anne Hathaway



In Robert De Niro's new film, *The Intern*, he ends up working for Anne Hathaway in an E-commerce company after a misunderstanding when she thought she'd agreed to take on a 'senior college' intern!

The film is about the friendship the two build – and how it's never too late to start again or change your career, and I, for one, can't wait to see it.

Brilliant idea, I say. We are all living longer and being asked to retire later, so it's high time bosses started to recognise older workers' talents. OK, I'm a singer and a TV presenter at the moment but, in a few short years, even my youngest, Ciara, will have left me.

What will I do with all that free time? I won't need a job that fits around the school run any

more – and all I really want to be is a vet. Well, a vet's assistant. I'm not sure I'd get in to vet school...

But every time I look at the TV, or read a paper, the only new opportunities I see aimed at women of my age are life insurance ads from Saga!

Charming. Well, I may be 50 physically but, mentally, I still feel 21. And I have a lot of advantages to offer an employer over younger women.

I won't need to get home to the kids, my party days are over, so I won't be arriving with a hangover, I make a lovely cup of tea and I'm a great listener. So much so, my second choice of new career would be a psychologist.

And I have no issue with learning a new skill without being paid.

Don't get me wrong, I know young kids need to get their foot in the door. But who really knows what they want to do for the rest of their life at 17? I fell into singing because it was the 'family business'.

So good luck to anyone out there brave enough – and lucky enough – to get a job as an intern over 50. I might be right behind you!



Me (far right) and
my sisters in *The Nolans* in 1983



With my
youngest
daughter
Ciara

THIS WEEK...

A quick guide to inheritance tax

Cashback Queen



With Dragons' Den's
Sarah Willingham

Sarah Willingham explains the basics and shares her simple tips for beating the traps and reducing the taxman's cut



WHAT IS INHERITANCE TAX?

Inheritance tax (IHT) is a tax on the money or possessions someone leaves behind when they die. For single people, it's 40 per cent on the value of estates over £325,000, (£650,000 for married couples and civil partners). So if you're single and in a home worth £500,000, you'd have to pay tax on the remaining £175,000. With increased house prices, many families are likely to be liable for IHT just because of their home. However, in the summer 2015 Budget, Chancellor George Osborne announced a new transferable main residence allowance, which will effectively raise the IHT-free

The number of Britons paying inheritance tax will almost double over the next five years

WHO PAYS THE IHT BILL?

Some people ignore IHT, believing that their estate will cover it, but if the tax is due on gifts made during the last seven years before your death, the people who received the gifts must pay it! If they cannot or will not pay, the amount due will come out of your estate. If you're leaving your children an inheritance, one way to ensure you don't lumber them with a big IHT bill is to take out a life-assurance policy that's 'written in trust'. This means it doesn't count as part of the estate, and the payout can be used to pay any IHT bill straight away.

DID YOU KNOW?

- There are exemptions. For example, people in the armed forces, firefighters, police and paramedics would not be liable for IHT if they died in active service.
- Unless you make a will, there are no guarantees about where your money, property or assets will end up. The best way to avoid IHT and ensure your wishes are adhered to is to make a will.
- Gifts to charity are exempt from inheritance tax, and if you give 10 per cent of your net estate (the total estate value less the £325,000 nil-rate band) then the rate of IHT that applies to the remaining estate falls to 36 per cent. Many people choose to leave gifts to charity in their wills, so it's well worth taking this allowance into consideration.

Inheritance tax receipts were around £3.8 billion in 2014-15

HOW CAN YOU REDUCE YOUR IHT BILL?

Cash or gifts worth up to £3,000 in total each tax year will be exempt from IHT when you die.

Wedding gifts reduce your IHT liability, with parents able to give up to £5,000 (it's up to £2,500 for grandparents, and up to £1,000 for anyone else). Small gifts – up to £250 a year to any one person – can also be made to as many individuals as you like.

If parents want to help their kids onto the property ladder, they can 'gift' them funds. Provided the parents survive for seven years after making the gift, the money remains outside their estate for IHT calculations.

Another way to avoid IHT is to put your assets in trust, which stops them from being a part of the estate. There are loads of types of trust, so make sure you seek advice. Putting money into trust can seem complicated, but a good tax planner or solicitor will help. Try unbiased.co.uk to find a local adviser or, even better, get a recommendation from a friend.

THE TINY DANCER



Bunny May's delightful as a realistically clumsy little girl



As a baby, she got lots of modelling jobs

Born to be a star

Bunny May Lawrence McHugh melted our hearts in the new John Lewis advert, but this is far from the first time she's been in front of the camera

Twirling around the house in her blue leotard with an adorably earnest expression on her face, the ballet dancer from the latest John Lewis advert has captured the hearts of the nation.

It's a scene that parents of little girls will have seen played out in homes across the country.

Perhaps that's why this advert, set to Elton John's *Tiny Dancer*, is so popular.

But it's also down to its perfectly cast child star, Bunny May Lawrence McHugh, who plays the part so unselfconsciously, she

could be anyone's daughter.

But Bunny, just turned nine, is no stranger to the spotlight. In fact, she's rarely been out of it since she was born.

When Bunny May was just three months old, her mum, Ruthy Lawrence, could barely leave the house without being stopped by admiring strangers.

Passers-by would crowd round the pram and comment on Bunny's striking blue eyes, even asking to have their photo taken with her.

Even so, Ruthy, and Bunny's dad, Declan McHugh, were stunned when she was picked to star in the John Lewis advert. 'When Bunny May was

born, she looked just like any other baby, pink and wrinkly!' Ruthy, 47, says. 'But, within months, we realised she was very special. Her blue/green eyes were huge and seemed to attract everyone.'

Bunny's dad Declan, 55, is a working actor, so as he knew a little about the business, he decided to send pictures to an agency.

They accepted Bunny on the spot, and the modelling jobs rolled in. She proved to be a natural in front of the camera.

Unlike most children, Bunny wouldn't cry or fall asleep, and was content to be the centre of attention.

Soon, she was being booked for big campaigns for huge companies like Mothercare and Tesco. For Ruthy, who describes herself as an ordinary working mum, it was another world.

She laughs, 'I work for the Fire Brigade, and, for me, it was just incredible.'

'Bunny had so many jobs, we had to get her a work diary. I burst into tears when I saw her on the cover of the Mothercare catalogue when she was a year old. I honestly believed that would be the peak of her career.'

But, in fact, it was only the beginning. Bunny has gone on to star in campaigns for designer brands like Burberry, and has even appeared in *Vogue*.

And in April this year, Bunny's parents got a call from her agent to say a big brand was looking for an intense, serious girl aged between six and 10, who loved dancing, to take part in their advert.

Ruthy says, 'We explained that, although Bunny was always bopping to music,



With her proud mum Ruthy



Bunny's a natural in front of the camera

she wasn't a professional dancer, but that was what they wanted.

'We live in London, so it was easy to take her to the audition after school, but I didn't think she had any chance of getting it.

'All the other girls were wearing proper ballet outfits, while I'd put Bunny into a blue leotard I'd found in a charity shop.'

But Bunny was called back twice, then was finally offered the job in June.

'I couldn't believe it,' says Ruthy. 'By this point, we knew it was for John Lewis.'

'The next morning, over breakfast, I was going over Bunny's spellings with her by putting the words in sentences. When it came to the third word - ambition - I said, "It was her ambition to be in the advert," and she just screamed really loudly.

'The two weeks of rehearsals and filming were so surreal. She'd get picked up from school in a taxi and head straight to the studio. When they built the house the ad was filmed in, they asked for lots of pictures of Bunny and my second daughter, Trixie, to make it look more authentic. They even used the blue leotard

she'd done her audition in.

'When the ad was aired, in August, we watched it at a neighbour's house, because we don't even own a TV.

It was amazing to see my gorgeous little girl leaping and twirling around on telly.'

As Bunny doesn't usually wear glasses, she hasn't been recognised by strangers in the street. Sadly, though, there have been thoughtless online remarks about her size. Despite being a normal nine-year-old, people have remarked on the fact she isn't stick-thin.

Ruthy says, 'It's sad that seeing a normal-sized child on TV has sparked a debate online. We've decided to ignore them, there's no point in getting into a conversation with people like that. We're just proud of our girl.'

Ruthy and Declan have put Bunny's fee into savings for her future but, as the release of the advert coincided with her ninth birthday, they treated her and her friends to a night in the West End to see the musical *Wicked*, and a meal at Pizza Express, plus a trip to Hamleys.

Despite her fame, it's nice to see Bunny is still just like every other little girl at heart.

'Bunny wore a blue leotard bought in a charity shop'

A FACE TO REMEMBER



A cover star, aged one



She's fronted big campaigns...



...including Monsoon Children

'Nick just n on with hi

SIMON COWELL dispels rumours that he wants to fire Nick Grimshaw from The X Factor, but admits he has thrown the Radio 1 DJ in at the deep end

'Nick is a really big fan of the show and Rita is much funnier than I thought she would be'

Rita and Nick are the new kids on the block this series



Will Louis Walsh shut Simon up if he rejoins the judging panel?

needs to get his job now



Cowell Confidential

Tony Cowell gets all the X Factor gossip from the horse's mouth – his brother Simon

Does the drop in ratings give you sleepless nights?

Not really, I check them at the end of each week and they're beginning to grow. And, to be honest, I'm enjoying the show much more than last year.

How are you getting on with new judges Rita and Nick?

They're easy. From the moment we started, it didn't feel as if they were new. They're great to work with. And having Olly and Caroline there as well felt like I was back at school.

Has your opinion of any of the new judges changed since you started filming?

Rita is much funnier than I thought she would be. She's got a great sense of humour and she gets emotional about the contestants, which is good. Nick I like because it's clear he is a fan of the show, so it's been an easy transition.

How will Nick handle the mentoring?

He'll get some help, and we've got a lot of music producers on hand. He'll find it challenging, but sometimes you have to throw people in at the deep end.

Does he ask you privately for any help?

(Laughs) None whatsoever... At judges' houses, he's got to decide who he is taking through, and I think he's going to find that really, really difficult.

We didn't see a great deal of Rita in the audition shows – why was that?

I don't think she understood the difference between being on this show and *The Voice* at first. She's a tough little thing, but found the six-chair challenge really difficult. But she's got some huge talent to take through to the lives.

I think she gets it now.

You have the Overs category this year – are you happy?

At first I wasn't, no. But there are people in there I think I can make better. I'm going to give it my all. In the end, I want all the categories to have a chance – that's the purpose of the show.

Can you win with your category?

I'm always hopeful, Tony. You know that.

Will there be any changes to the programme structure?

We're going to announce the

results live this year, which we've never done before – so that's new.

Can you confirm that Louis Walsh will be back?

You will have to wait and see. It's up to ITV now. But we may have an extra seat for him during the live shows – and he's very happy about that. I've worked with him for 25 years and Louis will always be a part of this show.

Would you say the talent is better than last year?

I've seen massive potential this year. I think people will be surprised when they tune into that first live show.

What about the groups – have you seen the next 1D?

No. I don't think the groups are the strongest category this year. There are some girls and boys who I think are potential winners, but it all hangs on whether they get the right song choices. That's down to their mentors.

Have you heard Fleur East's debut album – can she be the next Rihanna?

I've heard half of it and I don't want to over-hype it but her first single is literally off the scale. I love it, and she had a hand in writing it, too, so she feels like a star. I'm very happy with signing both Ben (Haenow) and Fleur – and Ben's single, *Second Hand Heart*, (a duet with Kelly Clarkson) is going to be a huge smash, too.

Is it true you are going to be a judge on America's Got Talent?

I've had some offers from US TV and some I've turned down. Hopefully I'm going to make a decision very soon.

What will happen to One Direction?

They've worked so hard and when they told me they wanted to take a break, of course I said yes. I had to listen to what they wanted. I'll never forget how loyal they have been to me.



Ben's new single has blown Simon away



Simon has high hopes for Fleur's debut album

NEW SINGLES!



Department
for Work &
Pensions

Advertisement Feature

Our State Pension is *changing*



With changes to the State Pension on the horizon, understanding how you might be affected might seem overwhelming at first. To guide you through the maze of tricky terminology and ensure you're able to plan for your retirement, we've gathered the facts about what you need to know about the forthcoming changes to the State Pension.

Let's start from the beginning. The State Pension is a regular payment from the government most of us can claim when we reach State Pension age. On 6 April 2016, the new State Pension will be introduced for women born on or after 6 April 1953 and men born on or after 6 April 1951. If you were born before these dates, you will continue to get your State Pension based on the current scheme. Even if you defer claiming it until after 6 April 2016 you will still be part of the old system rather than the new one.

So why is the new State Pension being introduced? Well, the simple answer is that the old system was so complicated that most people didn't understand it fully. This made it harder to plan for retirement income in advance because many people weren't sure what they would get from the state system. The new State Pension removes many of the difficult areas that people found hard to understand.



The current State Pension has two parts:

- The basic State Pension
- Additional State Pension or SERPS

What you get depends on your National Insurance record and your earnings. This means different people will get different amounts.

You can find out more about the current scheme by visiting:
www.gov.uk/mystatepension

What you need to know if you're part of the new State Pension – the facts

- The amount of State Pension you get will still depend on your National Insurance (NI) record. In most cases, you will need at least ten qualifying years on your record to get any State Pension. These don't have to be ten years in a row.
- You can build up your NI record by paying NI contributions. These are usually deducted from your salary, or you could receive NI credits. You can get credits in various circumstances, including if you are eligible for Child Benefit, or if you spend over 20 hours a week caring for someone with a disability.
- If you are eligible for the new State Pension and have NI contributions from before April 2016 there are arrangements which take this into account when you reach State Pension age.
- The full amount of new State Pension will be no less than £151.25 a week but you may get more or less than this depending on your NI record.
- You could receive more than the full amount if you have built up over £35 of Additional State Pension per week in the current scheme before April 2016.
- You could receive less than the full amount if you have been contracted-out of the Additional State Pension and paid less into the NI system.
- Your NI record is taken into account when your starting amount for the new State Pension is calculated. If you work further years from 2016 onwards, you may be able to add to your NI record and increase the amount you will receive when you reach State Pension age.

From April 2016, contracting-out will end as will the reduced NI rate for contracted-out employers and employees. You may be able to see if you're currently contracted-out by looking at your pay slip. If you're contracted-out your NI payment will normally show the letter 'D' next to it. It could also show the letter E, I, N, or O. If it has the letter 'A' you are not contracted-out.

Everyone will have different starting amounts for the new system when it launches in April 2016

Why? Because different people will have paid different amounts into the current system and many people were also contracted-out of the earnings-related Additional State Pension for some or all of their careers. In fact, 80% of people who reach State Pension age within five years of the new State Pension being introduced will have been contracted-out of the Additional State Pension at some point in their working lives.

If you're one of these people, this means you either paid NI at lower rate or some of your NI contributions were used to contribute to a private pension. This means that although you might get a lower starting amount directly from the state, you may get more than the new full rate in total when you combine both your State Pension and Private Pension together.



Did you know?

- The average woman reaching State Pension age on or after 6 April 2016 will see an £8 per week increase to her state pension as a result of the changes.
- The State Pension age for women will gradually rise to 65, bringing it in line with the State Pension age for men by 2018. This will increase to 66 by 2020 for men and women.
- You may be able to increase the amount of State Pension you receive by applying for NI credits or paying voluntary NI contributions to fill gaps you may have for recent years on your NI record.

You can ask for a State Pension statement to get an estimate of your new State Pension. Find out how to do this and learn more about the new State Pension by visiting www.gov.uk/yourstatepension

THE *entertainment* **edit**

Pick of the week's TV...



Tuesday, 10pm, C4

My Transgender Kid

New documentary about the youngest transgender people in Britain and the US as they and their families make life-changing decisions. It starts with two British families as they attempt to deal with the challenges of having a seven-year-old born the wrong gender.



Friday, 9.30pm, BBC One

The Kennedys

'Lasagna? Pasta that's not in a tin... that's madness!' is just one of the lines from *The Kennedys*, a brand new series set in the 70s, that'll have you howling with laughter as you reminisce your younger years. Loosely based on her best-selling memoir, *The Tent*, *The Bucket And Me*, the show depicts Emma Kennedy's childhood on a new council estate in Stevenage with her eccentric family. Laugh-out-loud funny and heartfelt, it's a must-see.

44 ON THE BOX

Wednesday, 8pm, BBC One

The Great British Bake Off: The Final

Only three of the original 12 bakers will now contest the final. After 27 challenges, they face their last three baking tests: the signature challenge sees the finalists use enriched dough to create delicious filled

iced buns; the technical requires them to conquer something they have all struggled with; and finally for their last-ever showstopper, they must make a classic British cake. Mary Berry and Paul Hollywood expect perfection so: on your marks, get set... bake!



Tuesday, 9pm, ITV1

Lewis

This new series sees the Oxford detective facing tough times after a body's discovered in a well, and he clashes with new boss Chief Superintendent Moody. Meanwhile, Hathaway (Laurence Fox) confronts his past when his father is moved into a care home suffering from dementia. Has he left it too late to be reunited with the man his father once was?



Watchdog

Thursday, 8pm, BBC One

The Beeb's investigation show returns with Matt Allwright, Chris Hollins and new co-hosts Sophie Raworth and Michelle Ackerley to fight for people's rights and expose rogue traders. Also on the team's hit list: dodgy gardeners who march elderly people to the bank to pay.

'I'm living proof there's life after divorce'

Actress and single mum Tamzin Outhwaite, 44, is enjoying time with her kids as *New Tricks* ends

Why are you taking a year off to be a stay-at-home mum after *New Tricks*?

When *New Tricks* got cancelled I felt it was a sign. I didn't have the last summer holidays with my children as I was doing a play, then I did another one and started filming *New Tricks*. I've been full on – leaving at 6am and getting back at 8pm. I thought, 'I've got to be with them.' I've worked most of their lives because I need to provide for them, but I also want to see them. I want to be at their sports days and piano concerts. Me saying no to work is allowing that. I feel like I've earned this new chapter in my life.

Daughters Florence and Marnie must love having you at home!

We've been glamping, Legoland, and on the London Eye. Every day they've said, 'You're not going to *New Tricks* today.' I tell them I'm not and they get excited and jump up and down. They're gorgeous. I'm so lucky.

You've had a tough couple of years after splitting from

Catch the final *New Tricks*, Tuesday, 9pm, BBC One



The ex-*EastEnders* actress is taking time off to be a mum

husband Tom Ellis. How are you now?

I feel really great. I'm living proof that it's not all doom and gloom afterwards. In any situation I'm in, I'm constantly learning about myself. Our characters change all of the time and I feel like I've learnt a lot. I definitely feel stronger.

You're also on a bit of a health kick?

Yes, me and Nic [Appleton]

are trying. We're making a conscious effort. We're mainly doing high-intensity interval training. It's for fitness, but it's also the perfect time of year to be in beautiful places like Hampstead Heath. Nic has always run, I've joined her lately.

Have you made any other lifestyle changes?

I'm trying to force myself into being a yogi by doing hot yoga and recently went on a detox retreat where you don't have caffeine,



sugar and go on long, gentle walks. I came back very refreshed and more zen than ever. I've got no scripts to learn and no 6am pick-ups. My brain feels like it's got space.

Were you emotional filming the final *New Tricks*?

We were all upset and it's really sad for viewers, but it's been running 12 years so it doesn't feel like a bad thing. We're used to it in this industry. In fact, I'm more surprised when something gets re-commissioned than cancelled.

Were there tears on the last day?

I cried when I said goodbye to Nick [Lyndhurst] and Denis [Lawson], as we've become really close. It's been two series, 22 episodes, which is seven months' filming, so we've spent a lot of time together and have become a family. Hanging out with both of them was an absolute pleasure. We'll take the friendship away with us, but we'll never sit in the trailer, with me finishing off their lunch, again [Laughs].

What's next?

I'm going to take it as it comes. I'm saying a year, but who knows how long it will actually be?



Ronnie and Reggie Kray

Brothers Martin, 53, and Gary Kemp, 55, recall meeting the East End gangsters, the Kray twins, for their 1990 film



Reggie (Martin) and Ronnie (Gary) in *The Krays*



Spandau Ballet bandmates Martin and Gary Kemp

Gary and Martin Kemp were talking at the launch of the BFI London Film Festival from 7-18 October

‘We didn’t want to meet Reggie after meeting Ronnie!’

Twenty-five years before Tom Hardy played East End gangster twins Ronnie and Reggie Kray in *Legend* (out now), Gary and Martin Kemp played them in *The Krays*. Here they talk about starring in the 1990 movie...
Were you afraid to make a film about the Kray twins?

Gary: We got the blessing of the family, which was what the insurers wanted! We went to visit their Aunt May and gave her a pound so her name could be used. We went to the house in a Porsche and came out with a bunch of flowers. We were quickly followed by a police car with coppers asking, ‘What are you doing?’ When we said we were seeing

Aunt May, they said, ‘Give her our love.’

What did Aunt May say?

Martin: She brought out the family album. Each picture had people cut out. We asked what that was about and she said they were the ones who gave evidence.

And you went to visit Ronnie in Broadmoor?

Gary: He had it easy. He had his own TV and his own clothes. He had a sky blue silk suit on with cufflinks with diamond encrusted Rs. He said, ‘You’re not going to play me with that earring, are you?’ He stared into your eyes and never looked away. Ronnie had a high camp voice, but I wouldn’t have done that or I’d have been killed. The intern

serving him brought us a bill over for £100. We asked why it was so much, as we’d only had a couple of waters. He said, ‘Hope you don’t mind, but Ronnie put a few fags on there.’

Martin, you played Reggie – did you want to meet him?

Martin: After meeting Ronnie, I didn’t want to meet Reggie! You have the atmosphere and that’s what you want to recreate.

Did you know much about *The Krays* before the film?

Gary: Yeah, we were aware of them – the Krays were legends. We did some research, but the script made the characters.

Martin: Rather than an impersonation, it was supposed to be a feeling

and an atmosphere. If you impersonate it’s never a good idea. On set, we all knew how important the film was. It was a myth to Londoners and to our families. We had a responsibility to them.

You had to do boxing training for the film...

Martin: Yes, we did a few months’ training, but I hated being attacked, especially by my brother. We carried on sparring after filming, there were old scores to settle!

Was it a risk doing it?

Gary: We had to gain the trust. It was a film with two pop stars and a Hungarian director [Peter Medak] but our careers were over... it was the late 80s so there wasn’t much to lose!

Emmerdale baby drama

Michelle Hardwick, 39, talks about Vanessa's premature birth to Johnny

Vanessa is not coping having had baby Johnny so early, is she?

It's not going well for her at all. This wasn't what she was expecting when she was about to give birth, like any new mum, she was hoping it would all go smoothly. She's not been able to touch Johnny or hold him.

Are we going to see Johnny having surgery?

Yes, he has to have a huge operation as he was born at 26 weeks. He weighed about 1lb so there are complications, as there are with lots of premature babies.

Does she know about Kirin and Belle's relationship?

Yes she does. She's carrying on as much as she can with her life in the village, seeing that they're making a go of things. Deep down it's hurting her because she does love Kirin and he was around at the birth.

She seems eager to get back to work...

She just wants any distraction and to avoid spending time at the hospital. It sounds horrendous but that is her way of coping at the moment, she wants to brush it under the carpet and avoid being there.

How is she getting on with the dad Adam?

She's never had any relationship with him because it was a one-night stand. Adam has taken to being a father like duck to water. It's like a reversal of roles. She is jealous of how he has bonded with Johnny. She's not snappy with him, but there is a slight resentment.

Is Vanessa bonding with the baby?

She's feeling numb, she's not feeling anything. She knows she has to be worried for him. Whether she's feeling it within is a different matter.

Vanessa should tell people how she is feeling, surely?

She is ashamed and scared and doesn't know what to tell them. And she's trying her best not to feel like that. She is jealous of how Victoria looks at Johnny and how she is with the baby – Victoria takes the brunt of her outbursts.

What do you think is wrong with her?

She has signs of post-natal depression. I spoke to a few women who've had different degrees of it, but she hasn't been diagnosed as she hasn't seen anyone. Her baby was so early and so poorly. You can't even begin to imagine what that must be like seeing him, day in, day out, with tubes and in an incubator without being able to hold him.

Emmerdale,
weeknights,
7pm, ITV

Michelle says
her character is
'feeling numb'

Vanessa and
Adam look over
poorly Johnny



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The best crossword

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Both these sets of clues lead to the same answers, revealing in the shaded squares a TV series presented by Kevin McCloud (5, 7)

STRAIGHT CLUES

ACROSS

- 1 Temperature charts, e.g. (6)
- 5 Precious stones (8)
- 9 Germs, microbes (8)
- 10 Time of year (6)
- 11 The present time (3)
- 12 Respecting (8)
- 14 Hackney carriage (4)
- 15 Once more (5)
- 17 Slays (5)
- 18 Possesses (4)
- 19 Underlined, or strained (8)
- 23 Make knots (3)
- 25 Of greater length (6)
- 26 Nasal passages (8)
- 27 Construct from a kit (8)
- 28 Sailing vessels (6)

DOWN

- 2 Thoroughfare (4)
- 3 Latent, having possibilities (9)
- 4 Threaded fastener (5)
- 5 Serious stage work (5)
- 6 Warning signal (5)
- 7 Part of archery target (5)
- 8 Sizes (10)
- 13 Musical modifications (10)
- 16 Of mathematical shapes (9)
- 20 Large bird of prey (5)
- 21 Use a brush (5)
- 22 Thick (5)
- 23 Flavoursome (5)
- 24 Secret scheme (4)

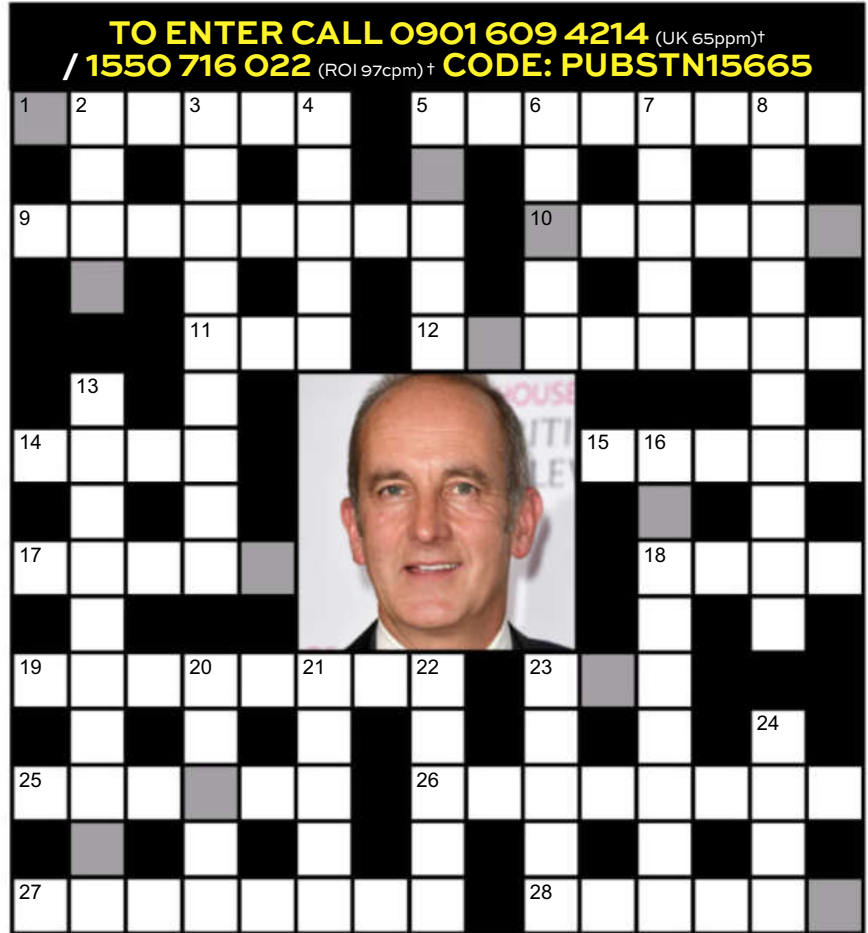
CRYPTIC CLUES

ACROSS

- 1 Honoured leader with unusual grasp of charts (6)
- 5 Rocks some cards (8)
- 9 Care a bit about organisms (8)
- 10 Crazy aunt taking first two pieces of music in season (6)
- 11 It's won back at this moment (3)
- 12 Being unusually daring, I'm looking up to someone (8)
- 14 Transport, thanks to cricket team (4)
- 15 A profit – not for the first time! (5)
- 17 Does away with peculiar skill (5)
- 18 Has snow drifted? (4)
- 19 Emphasised pudding's returned (8)
- 23 Draw a garment (3)
- 25 A person yearning to have a greater linear size (6)
- 26 Breathing spaces above one's mouth (8)
- 27 Get together, or put together? (8)
- 28 Craft Cathy's upset (6)

DOWN

- 2 Reportedly used a bike in the highway (4)



- 3 Prospective top line at variance (9)
- 4 Informal salary for a common keyholder (5)
- 5 Small whisky before a play? (5)
- 6 Frighten in the style of Royal Marines (5)
- 7 Outré characters moving further from the centre (5)
- 8 Proportions sadly end mission (10)
- 13 Aviator's in trouble with such fluctuations (10)
- 16 A type of pattern making tiger come out (9)
- 20 A high flier, or a double birdie? (5)
- 21 Clean vegetation (5)
- 22 Needs adjustment when tightly packed (5)
- 23 In art, a style which is appetising (5)
- 24 Garden conspiracy

ANSWERS

CROSSWORD

36/15 LEGEND

ACROSS

- 7 Republic 9 Hoover
- 10 Idle 11 Assistance
- 12 Drive 14 Tummy
- 15 Dogs 16 Card
- 17 Acute 18 Myths
- 23 Hamburgers
- 24 Band 25 Cement
- 26 Stubbhorn

DOWN

- 1 Reader 2 Mule
- 3 Clean 4 Those
- 5 Vocabulary
- 6 Welcomed 8 Case
- 13 Vegetables 15 Declared
- 19 Hungry
- 20 Brute 21 Sets
- 22 Issue 24 Baby

Lines open 6 October 2015 till midnight on 19 October 2015 (closes 22 October 2015 for postal entries). Over 18s only. †UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phonovation/Spoke (01437 8815). To enter by post, use coupon, left.

best PRIZE PUZZLES ENTRY COUPON ISSUE 40

1 Crossword ANSWER CODE: PUBSTN15665

Send to: Best Prize Puzzles (40/15), Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Print in ink. One entry per household. Postal entries to reach us by closing date of 22 October 2015. Winners will be drawn at random from correct entries received by post and phone. Names and addresses of winners available on request. No correspondence can be entered into. The editor's decision is final.

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**optional information

WINNING CHEQUES WILL BE MADE PAYABLE AND POSTED TO THE NAME AND ADDRESS AS WRITTEN LEFT. PLEASE TAKE CARE WHEN COMPLETING THE COUPON!

*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy policy visit hearth.co.uk/dp.

Eating for health and strong bones



Dr Phil Hammond offers his practical medical advice on why a good diet and the 'eatwell plate' is so important to our fitness and well-being

The NHS uses the 'eatwell plate' (see illustration far right) to offer simple advice on the ideal diet. You don't need to get the balance right at every snack or meal, but try to get the balance of this variety of foods over the day or week.

Avoid adding salt to meals particularly if you have high blood pressure or are at risk of stroke or heart disease. Food that's pulled out of the ground, plucked from a tree or fished from the ocean is healthiest of all, and a home baked cake is much tastier, and better, than a 'chemical' cake.

Some processed foods are healthier than others. Check the food labels as, say, pizza, ketchup, cereal, tinned food,

sausages, pickles, ready meals or bread, can be much lower in salt and sugar than others.

When you eat out, some restaurants are now starting to print calorie and salt contents of their food. If, as I do, you think life is too short to count calories, think of portion size. A meal portion should fit in your cupped hands or cover the underside of your plate, not fill out the whole plate. Large

portion size is the most common cause of weight gain, and cutting back on it is the best way to losing weight. Eat slowly, drink plenty of water and your stomach soon gets used to a smaller portion.

The 5:2 diet, where you eat much less for two days of the week, is very popular but if you just eat three healthy

meals a day and don't eat (much) in-between meals you're already doing it.

If you are really hungry, snack on fruit and vegetables and again, drink plenty of water. A lot of unhealthy eating is driven by anxiety, advertising and bad habits, so think of fun activities that keep you away from the fridge and biscuit tin.

Fizzy drinks, fruit juice and cordial are very heavy in sugar, and some fizzy drinks have enough caffeine in them to keep an elephant awake.

Alcohol in moderation is pleasurable, but it also has a huge amount of calories, so choose a tipple you like the taste of and sip it slowly.

To strengthen your bones to reduce the risk of osteoporosis and fracture, you need a healthy diet but also plenty of physical activity, no smoking and not too much booze. You need both calcium and vitamin D for strong bones. Here are foods that are good sources of these two nutrients...

A healthy diet is a lot simpler than you think. Generally, what's good for your heart is also good for your brain, your bones and the rest of your body

You can get the 700mg of calcium a day in a pint of semi-skimmed milk

OTHER SOURCES OF CALCIUM INCLUDE

- Cheese, yoghurt and other dairy foods
- Green leafy vegetables like broccoli and cabbage
- Soya beans
- Tofu
- Soya drinks with added calcium
- Nuts
- Bread and anything made with fortified flour
- Fish where you eat the bones, such as sardines and pilchards



● To find out more about your amazing intestines, read *Gut: The Inside Story Of Our Body's Most Underrated Organ* by Giulia Enders.

● Dr Phil Hammond is author of *Staying Alive: How To Get The Best From The NHS*



TEACH YOUR KIDS TO COOK

One of the best gifts to give your children is the joy of growing, cooking and eating a variety of foods. If you weren't told by your parents, you're never too old to learn. Search for cookery courses near you or check out food writer Jack Monroe, who champions healthy budget cooking, at agirlcalledjack.com.

What we put in our mouths is fundamental to our well-being. We're feeding ourselves and the healthy bacteria that live in our gut that help us fight disease and get the nutrients we need.

WORDS: PHIL HAMMOND PICTURES: GETTY IMAGES

The 'eatwell plate' shows the different types of food that make up our diet, and the proportions we should eat them in to have a healthy, balanced diet

It's hard to get all the vitamin D we need from our diet, we get most of it from the sun on our skin. From April to October, get a short daily exposure to sun, without sun cream, or take a daily supplement

GOOD SOURCES OF VITAMIN D IN THE DIET ARE

- Oily fish, such as salmon, sardines and mackerel
- Eggs
- Fortified fat spreads
- Fortified breakfast cereals
- Some powdered milks

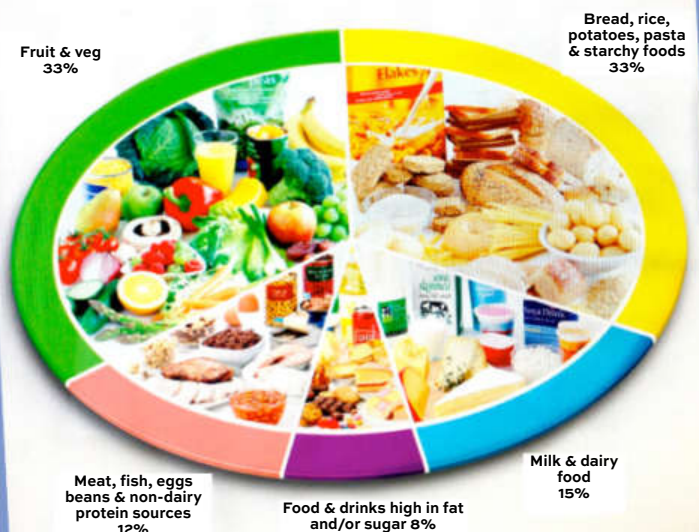
If you have osteoporosis, you may take calcium and vitamin D supplements as well as osteoporosis drug treatments. If your calcium intake is low...

VITAMIN D SUPPLEMENTS ARE ADVISED FOR

- Pregnant and breastfeeding women
10mcg (micrograms) a day
- Babies and under fives
7-8.5mcg a day, in drops
- 65 years and over
10mcg a day
- People who are not exposed to much sun, or those who are housebound
10mcg a day

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



After dark

A dramatic colour palette creates a bedroom that's seductive and inviting



MAKE-UP BAG,
£10, NEXT



JEWELLERY BOX,
£20, GEORGE AT ASDA



JEWELLERY ROLL,
£35, TED BAKER

TIP
Choose statement furniture in rich fabrics for a regal touch



VELVET CHAIR,
£295, CUCKOOLAND



DRESSING
TABLE MIRROR,
£15, SAINSBURY'S



STOOL, £130,
SWEETPEA AND WILLOW



CUSHION,
£15, M&S



Check out littlewoods.com, where you'll find the season's latest t

We adore this strong print bedding, as it's feminine without being girly! Complete the look with accessories in contrasting shades of purple with a hint of black gloss.

TIP

Add bejewelled accessories for optimum opulence



CHANDELIER,
£30, WILKO



CUP, £3.50,
SAINSBURY'S

TEALIGHT HOLDER,
£3, GEORGE AT ASDA



CLOCHE JAR,
£7, SAINSBURY'S



DOUBLE DUVET, £85

PILLOWCASE, £35

THROW, £185

FAUX FUR CUSHION, £49

SEQUIN CUSHION, £44.99

ALL TED BAKER



HOT WATER
BOTTLE, £14, NEXT



INGRID FAUX
SUEDE 3-BALL
TABLE LAMP
IN PLUM, £32,
ITEM NO. S11616U



CUSHION, £10,
TESCO DIRECT



TIP

If your bedding is plain, introduce some patterned cushions for a luxe finish



DUVET SET, £80,
DEBENHAMS

I spent £12,000 on surgery (but it was diet that helped me lose 10 stone!)

After three gastric operations left her in agony, Julie Moakes decided to shed the pounds the old fashioned way

While many think gastric surgery is the easy option when it comes to losing weight, Julie Moakes knows from experience that it has its own set of problems.

Because despite going under the knife three times at a cost of £12,500, it wasn't until she went on a strict diet that Julie lost an incredible 10 stone.

'The gastric band and bypass dealt with my body, not my brain,' says the 54-year-old from Birmingham. 'They stopped me eating for a while, but they didn't change my attitude, so it was never going to work.'

Julie, who is 5ft 4in, struggled with her weight as a teenager. A school ski trip led to worries that she would be the fattest on the slopes, so she cut out food and survived on diet fizzy drinks, water and squash.

'I wasn't fat, but I wasn't a stick insect, which was the fashion,' she recalls.

'I lost weight but as soon as I started eating again I put it back on – and then some. It was the start of a starve and binge cycle.

'During my 20s, I became bigger. Most of my friends were slimmer and

I saw myself as the jolly "fat friend", always laughing. At the time I thought I was happy but, looking back, it was a persona. I wasn't confident around men and while my friends got into serious relationships, I stayed single.'

Julie met her husband, Geoff, at work when she was 30 and 24st. Although she was self-conscious, Geoff insisted he didn't care.

As it became clear he was genuine, Julie's self-esteem rocketed. They married a year later and had two children, Robert, 22, and Emma, 14.

Settling down meant more time at home and her eating spiralled out of control.

For breakfast, she'd have four Weetabix and two slices of toast, lunch was four sandwiches

and two packets of crisps, and in the evenings she'd have a large portion of shepherd's pie. Also, Julie was grazing on snacks all day.

Julie admits she was a food addict. She says, 'I'd go to the petrol station and come out munching two chocolate bars and two bags of crisps, which I'd conveniently forget



THEN
21st
7lb

Julie
before
she
started
Lighter
Life

about. I'd do the same with bags of chips on the way home, or half a loaf of bread and butter while I was making the dinner.

'I'd tell Geoff I hadn't eaten anything all day and I'd genuinely believe that, I was in complete denial.

'I banned full-length mirrors from

*'I was in a
starve and
binge cycle'*



She was in
denial about
her size



Geoff,
Robert,
Emma
and Julie

the house, and although I was shocked when I caught a glimpse of myself in shop windows, I'd convince myself that I didn't look that bad.'

Over the years Julie tried different diets but she'd never been able to keep it off. However, when Robert started school in 2004, Julie – now a size 32 and 27st – worried her size would make him the target of bullies.

She'd heard about gastric bands and spent £7,500 of the family savings on one.

But during the operation, surgeons found her liver was too swollen to fit the band, and she was told to lose three stone before they could finish.

Julie says, 'I had to go on a liquid-only diet. I was sure it would be my magic cure.'

The second operation was a success and, over the following four months, Julie lost four stone.

But her joy turned to horror when one day she doubled over in pain and began vomiting black fluid.

A trip to the hospital revealed her stomach had begun to push through the gastric band, and she was rushed into surgery to have it removed.

Surgeons agreed to replace the band with a non-reversible gastric bypass, which would reduce her stomach to a lemon-sized pouch. Julie stumped up a further £5,000 for the operation.

'This was serious and doctors warned me I might not wake up from the anaesthetic. At my size, I reasoned my

weight could kill me anyway, so it felt like my last chance,' says Julie.

The four-hour operation went well, and she went on to lose eight stone.

But Julie's food addiction continued. She cheated by eating bread every day, which stretched her stomach.

Before long, she was back to bingeing on biscuits and crisps and within a year, she was 21st 7lb.

It wasn't until she had a medical at work that she heard about Lighter Life, a meal replacement diet which also involved counselling sessions.

She says, 'I sat down with the doctor and explained my yo-yo dieting.

'She was extremely sympathetic and explained she'd heard this programme had really good results.

'It was the only diet I hadn't tried, so I decided to give it a go.'

Julie started in July 2012, and, although sceptical about the Cognitive Behaviour Treatment (CBT) group sessions, she started to understand her destructive relationship with food.

'As I listened to other people talk, I realised just how much I'd been lying to myself – and my friends and family.

'I stuck to Lighter Life porridge for breakfast, a shake for lunch, then a dehydrated meal and bar at night. I also learnt how to recognise when I needed food and when I just wanted it.'

By September 2013, Julie had lost nearly 10 stone and now, two years on, she has maintained her size 12, 11st 2lb figure, and her life has changed.

'Recently I was watching a family video with Geoff and Robert and I asked them how on earth they'd let me get so big,' she says. 'Robert said he genuinely didn't see me like that.

'It's only now that I realise how hard carrying all of that weight had been. Walking my dog is now far easier and my staff say their life is harder as they can't hear me panting for breath as I walk up the stairs at the office!'

In March 2015, Julie had the excess skin removed from her stomach and she now plans a further operation on her legs and arms.

'I see it as closure,' she says. 'My problems with food are over and I'll never put that weight on again.

'I'm finally at peace with myself. Going under the knife wasn't the answer – understanding myself was.'

NOW
11st
2lb

best dressed

YOUR WEEKLY STYLE FIX

The high street is full of figure-flattering shapes that will smarten up your wardrobe this winter.

BUTTON THROUGH

Thanks to the 1970s revival, the button-front skirt is back in vogue. While denim and suede options are still very popular, we prefer the smarter wool styles that have button detailing – great teamed with a fitted polo neck or shell top.



Skirting around

Move over statement trousers, one of this season's must-have items is the skirt

SHOP THE LOOK



Mini, £14, Matalan



Pencil, £59, Jacques Vert



Full, £49, laredoute.co.uk

FULL

Sophisticated and feminine, this style might look challenging, but it's easy to wear. The key is to keep your top half fitted, as anything baggy will swamp and make you look heavier. Try a top that sits on the waist, or consider a cropped jacket layered over a camisole top. If you are petite, avoid midi-lengths and opt for a skirt that sits just below the knee.

MINI

The good news is you don't have to go super short, as many of our favourite buys finish just above the knee. Avoid nude tights, stick instead to a pair of trusty opaques and some knee-high boots, which will show off your pins without flashing any flesh. Ideal for colder days.

PENCIL

It's been around for the past couple of seasons, but if you haven't picked one up yet, now is the time. The timeless shape is flattering for all body shapes and can be worn in a variety of ways. Always tuck your shirt or top in, as this will emphasise your waist and create an hourglass shape.

A fitted denim shirt looks great for a daytime look, while a pussy-bow blouse will create a glam evening outfit. When shopping for this style of skirt, make sure you don't have any lumps or bumps on show, as it needs to look smooth. You could even consider going up an extra size to get the right fit.

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*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.

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